



SPOT THE SIGNS & SAVE A LIFE

SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE

Services available throughout winter

SAMARITANS

116 123 available 24/7
samaritans.org

**Single Point of Access
(SPA)**



0800 6444 101 open 24/7

Alternatively call NHS **111**, selecting option 2
for mental health services.



**Mind in Mid
Herts**

03303 208100

Mindinmidherts.org.uk



Helplines

**NightLight
Crisis Service**



01923 256391

Service available:
Friday—Monday
7pm-1am

Stay Alive App



Download the free,
confidential suicide
prevention app.

Available from the App
Store and Google Play.

kooth

Online counselling and emotional well-
being platform for children and young
people.

kooth.com