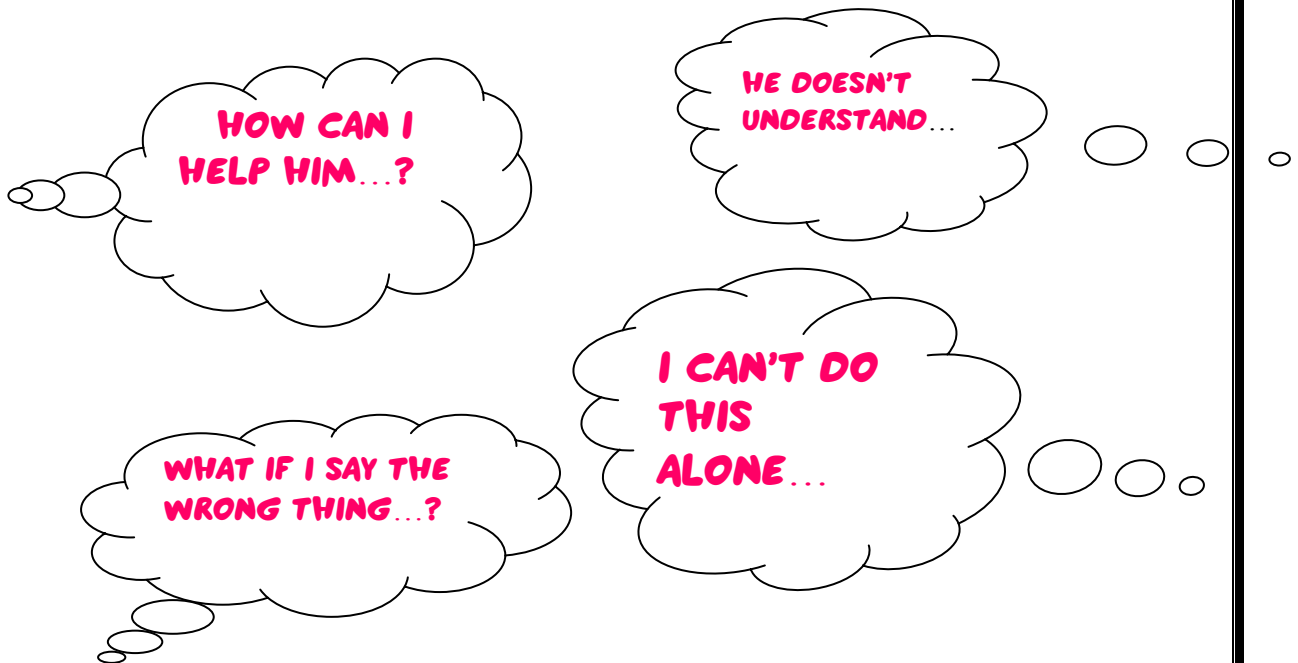




SUICIDE?



Are you experiencing suicidal thoughts?

Or are you worried about someone who may be suicidal?

**SAMH can help by providing
One-to-one support via email, telephone and face-to-face
Group work**

**Contact us for help, information and support
0141 530 1086 or 0771 308 0405
Or email csn@samh.org.uk**