

# Lifeline... crisis support

**Is depression making you feel that suicide is the only way out of your particular problem?**

**Do you, for any reason, feel that you do not wish to seek professional help at this present time?**

**Would it help to talk with someone outside your family or friends?**

*Lifeline - an alternative to suicide*

**Web:** [www.suicidebereavement.co.uk/suicide\\_feelings](http://www.suicidebereavement.co.uk/suicide_feelings)

**Email:** [lifeline@suicidebereavement.co.uk](mailto:lifeline@suicidebereavement.co.uk)

If the answer to any of the questions is "yes" then perhaps Lifeline can help. It is made up of a group of volunteers who have been trained and have experience of helping those who believe that life holds nothing for them. We offer one-to-one support to help you over your particular crisis.

**We are only  
a phone call  
away on  
01263  
768604**



*Offering care and one to one support*

