

Thursday, 13 March 2025

Health and Social Wellbeing Improvement



I'm not OK

Don't hide your real feelings.
Talking really helps.

Lifeline 0808 808 8000

Call free, 24 hours a day
www.lifelinehelpline.info



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This leaflet and set of posters provide brief information on how to contact the Lifeline crisis response helpline and what support Lifeline can provide to those in distress or despair. More information is available on the Lifeline website at www.lifelinehelpline.info

Details

Format

2 pages, A5, flyer and 3 A3 posters

Target group

General public

Downloads

Attachment	Size
Lifeline flyer_03_25.pdf	99.98 KB
Lifeline posters_A3_03.25.pdf	18.65 MB

Tags

- [mental health](#)
- [support services](#)

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