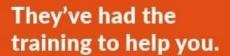
## Did you know?

If you are having thoughts of suicide, or are worried about a friend or family member, you can talk to someone wearing an orange button.



If you're struggling to cope call the Herefordshire and Worcestershire Urgent Mental Health Helpline on 0808 196 9127, Or text SHOUT to 85258

#PreventSuicideTogether









