

Orange Button Community Scheme

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.

They've had the training to help you.

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



TALK COMMUNITY

