

Chooselife

chooselife a national strategy and action plan to prevent suicide in Scotland.

If you feel suicidal - please ask for help

If you think someone you know may be feeling suicidal - ask them it could help save their life **SUICIDE IS EVERYONE'S BUSINESS**

Tragically, suicide is a fatal response to a treatable condition, usually depression. Have you heard someone you care about say:

- My family would be better off without me
 - You'll be sorry when i'm gone
 - There's nothing i can do to make it better
 - Life is'nt worth living
- Help is available:-Breathing Space 0800 83 85 87 Samaritans 08457 90 90 90 Childline 0800 11 11 NHS 0845 424 2424 Copeline 0800 056 81 81