



every  
**Life**  
matters

#prepare2prevent

[www.southernhealth.nhs.uk/everylifematters](http://www.southernhealth.nhs.uk/everylifematters)

## #prepare2**prevent self-harm and suicide**

Advice and support  
for everyone

Download the **Stay Alive app** - available on Google Play or the app store

Watch the 'save a life' **suicide prevention training video** - [www.zerosuicidealliance.com/training](http://www.zerosuicidealliance.com/training)

Visit [www.hubofhope.co.uk](http://www.hubofhope.co.uk) for support in your area

When you need to talk to someone or need urgent help:

**Call NHS 111** - mental health support 24/7

**Call Samaritans** on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

**Text SHOUT** on 85258  
24/7 service [www.giveusashout.org](http://www.giveusashout.org)

**In an emergency, always call 999.**

# You matter.

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