

# World Suicide Prevention Day

10 September 2025



**IF YOU NEED SOMEONE TO TALK TO:**



**Samaritans**

Call Samaritans  
for free 24/7 on  
**116 123**



**Be A Mate**

Text "BEAMATE" for  
free 24/7 support at  
**85258**



Scan for more  
information

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