

World Suicide Prevention Day

10 September 2026



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

✉ support@matesinmind.org

🌐 www.matesinmind.org

@ [matesinmind](https://twitter.com/matesinmind)