It's ok to be

notokay.co.uk

Real help,
one click away.

Not okay? Talk to someone.

In danger right now	**999**
Samaritans, free, 24/7	**116 123**
Shout, text, 24/7	**SHOUT to 85258**
CALM, 5pm to midnight	**0800 58 58 58**
Papyrus, under 35, 24/7	**0300 102 2470**
Childline, under 19, 24/7	**0800 1111**
NHS 111, option 2 (England and Wales)	**111**
Scotland: Breathing Space	**0800 83 85 87**
Northern Ireland: Lifeline, 24/7	**0808 808 8000**

More help at notokay.co.uk