

It's ok to be

NOT OKAY

notokay.co.uk

Real help,
one click away.

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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



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