

It's ok to be

NOT OKAY

Talk to someone today.

Free, confidential, any time. You don't need the right words. "I'm not okay" is enough to start.

Call Samaritans

116 123

Free, 24/7
every day of the year

Prefer to text?

Text SHOUT to 85258

Free, 24/7

In danger right now?

Call 999

Or go to A&E



Scan for more help, by topic,
with what's open right now.

notokay.co.uk