Suicide Prevention Helpline

Confidential support for people 18+ affected by suicide including those who have been bereaved by suicide. Supporting people who live, work or study in Camden, Islington, Barnet, Enfield or Haringey

- Freephone: 08088 02 00 80
- Text Message: 07860 058 793
- Webchat: www.rethink.org/ncl-suicide
- Mon, Weds & Fri: 6pm 8pm
- Sun 6pm - 9pm

Calls are free from landlines and mobiles within the UK. The call will not appear on your itemised bills. Texts are charged at your usual network rate.

Find us on facebook by searching for @NCLSuicidePreventionandBereavementService

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Rethink Mental Illness.

rethink.org