



**lifeline**

# HOLIDAY SUPPORT

**Our friendly Lifeline staff are available to support you throughout the Summer.**

**We're here Monday to Friday between 10am and 3pm during the Summer holiday break. You can give us a call on 0808 196 3830.**

**If you're struggling to cope and want to chat with someone straight away, you can text Lifeline to 85258 day or night and we'll text you straight back.**



**0808 196 3830**



**TEXT LIFELINE TO 85258**

