

WORLD
SUICIDE
PREVENTION &
WORLD
MENTAL
HEALTH
DAY
2021

Lifeline
0808 808 8000

If you are in distress or despair, call Lifeline
and speak to a counsellor immediately.

www.mindingyourhead.info

HOLDING
ON TO
HOPE
IN A
CHANGING
WORLD

 Health and
Social Care

 Public Health
Agency

 NIAS