

# WHO CAN SUPPORT YOU



## trusted friends or family members

"I NEED TO TALK..."

Sometimes the people in our lives we least expect might be able to provide the support we need in times of crisis. It could be a friend, a teacher, or even a neighbour. Whoever it is, make sure they understand the importance of your privacy.

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## victim support

"I NEED SUPPORT..."

If you've been a victim of abuse, then Victim Support can help you find the strength to deal with what you've been through. To get help, contact their support line on (0845 30 30 900) or e-mail them via their UK website.

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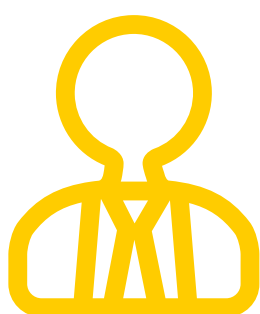


## the samaritans

"I NEED TO BE HEARD..."

The Samaritans can provide a listening ear in times of crisis. You don't need to be suicidal, and you can trust them for confidentiality. You can telephone them (116123), visit them in branch, or send them an e-mail ([jo@samaritans.org](mailto:jo@samaritans.org)) anytime.

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## the police

"I NEED HELP..."

If your life is in danger, then the police are there to provide protection for you. You can call (999) or the non-emergency number (101) at any time, or visit any local branch. Take someone with you if you can, and take along any evidence you have.

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## living liberté

"I NEED TO BE UNDERSTOOD..."

Living Liberté exists to provide support and understanding for whatever it is you're going through. You don't have to deal with this alone. Help is waiting for you, when you're ready.