



Thoughts of suicide can be frightening and confusing. The Community Hub provides you with a safe space to talk and someone to guide you to support services in your local area.



If you are concerned you can speak to someone or you can access the **Safe Connections App** using the QR code.



0300 561 0115



Thoughts of suicide can be frightening and confusing. The Community Hub provides you with a safe space to talk and someone to guide you to support services in your local area.



If you are concerned you can speak to someone or you can access the Safe Connections App using the QR code.



0300 561 0115