

# Are you okay?



## YOU ARE NOT ALONE. PLEASE REACH OUT FOR SUPPORT.



### BACKUP 24 HOUR HELPLINE

Backup Tech is the UK's registered technical entertainment charity. Our free helpline is available 24/7 and directly links to urgent and non-urgent support. Call 0800 464 7068.



### GET CRISIS SUPPORT VIA TEXT

If you're struggling to cope and need to talk, you can start a text conversation with a trained volunteer. It is free, confidential, and available 24/7. Text SHOUT to 85258 to start a conversation.



### FIND YOUR LOCAL NHS CRISIS LINE

An urgent mental health helpline can offer you advice, help speaking to a mental health professional, or an assessment to find the right care for you. Search the QR code to get started.

