

# Orange Button Community Scheme

Listen, support, signpost



Lancashire and  
South Cumbria  
Integrated Care Board

This **World Suicide Prevention Day** make  
the difference and **start the conversation**

If you are having  
thoughts of suicide,  
or are worried about  
a friend or family  
member, you can  
talk to someone  
wearing an  
**orange button.**



**...they are people that have had the training to help you**

**If you need help right now** and you are struggling  
with your mental health, having thoughts of suicide, or  
are worried about a friend or family member.

Please call Lancashire and South Cumbria NHS  
Foundation Trust **helpline on 0800 915 4640** or text  
**HELLO to 07860 022 846**

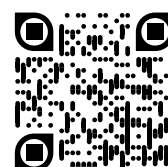
[www.healthierlsc.co.uk/suicide](http://www.healthierlsc.co.uk/suicide)



**#WSPD**

**10th Sep 2024**

Scan the  
QR code  
for further  
information



To find out more about the Orange button scheme visit – [www.lancashireandsouthcumbria.icb.nhs.uk/orangebutton](http://www.lancashireandsouthcumbria.icb.nhs.uk/orangebutton)