

# 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**

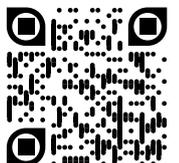
[www.healthierlsc.co.uk/suicide](http://www.healthierlsc.co.uk/suicide)



**#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)