

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

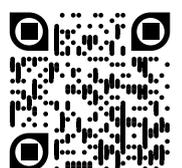
www.healthierlsc.co.uk/suicide



#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