

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**

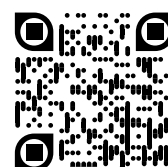
www.healthierlsc.co.uk/suicide



#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