# I pledge that:

### If you are struggling I will:

Reach out to you to tell you I'm concerned

Listen to you without judgment

Ask you directly if I think you may be suicidal

Get you help and support if you are thinking about suicide.



 CALM:
 Open 5pm - Midnight
 0800 58 58 58

 CALL:
 Open 24/7
 0800 132 737

 Samaritans:
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 116 123

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Tell someone that I need help

Reach out to my friends for support

Let someone know if I feel I may be suicidal

Contact Mid Powys Mind for information and support, or if Mid Powys Mind is closed to use the helplines from CALM, CALL or Samaritans.

Mid Powys Mind is open weekdays 9:00 - 4:00 excluding bank holidays. We provide, information, support and services for anyone who may be struggling with their mental health

T: 01597 824411

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