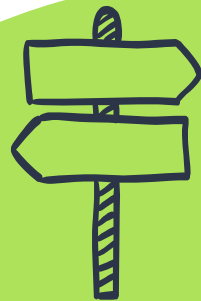


# SIGNPOSTING ADDITIONAL SUPPORT



YOUR G.P./  
DOCTOR

COUNSELLOR  
IN SCHOOL OR OUT

PSYCHOTHERAPIST  
[WWW.BACP.CO.UK/](http://WWW.BACP.CO.UK/)  
[WWW.PSYCHOTHERAPY.  
ORG.UK](http://WWW.PSYCHOTHERAPY.ORG.UK)

EDUCATION SUPPORT  
NETWORK HELPLINE (U.K.)  
TEL: [08000 562 561](tel:08000562561)

SAMARITANS  
U.K.  
TEL: [116 123](tel:116123)

OTHER COUNTRIES' SUICIDE  
PREVENTION HOTLINES  
[WWW.SUICIDESTOP.COM/CALL  
\\_A\\_HOTLINE.HTML](http://WWW.SUICIDESTOP.COM/CALL_A_HOTLINE.HTML)

VARIOUS OTHER  
ONLINE SUPPORT  
GROUPS/SERVICES