

# Support you can turn to



**Speak to your GP or call  
NHS24 - 111  
Samaritans - 116 123**

**In an  
emergency  
call 999**

**Employee Assistance Programme  
(EAP) – for Counselling and  
24/7 in-the-moment support**

**0800 023 9324**

**Suicide   
Prevention  
Scotland.**

Working to deliver Creating Hope Together



HEALTH  
WELLBEING  
HAPPINESS

