

# ONE CONVERSATION CAN CHANGE YOUR LIFE.

**If you need to talk to someone:**

Call Samaritans on **116 123**

Call NHS24 on **111**

Call Breathing Space on **0800 83 85 87** or

Text "SHOUT" to **85258** to contact Give Us A Shout

[unitedtopreventsuicide.org.uk/fcunited](https://unitedtopreventsuicide.org.uk/fcunited)

Follow Scotland's second team on Twitter [@\\_FCUnited](https://twitter.com/_FCUnited)

