

# TALK. LISTEN. SAVE LIVES.

Together, we can  
make a difference.

**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**

