

FC UNITED TO PREVENT SUICIDE IS SCOTLAND'S SECOND TEAM.

Our aim is to unite the nation in helping one another to talk, listen and save lives.

People across Scotland are affected by suicide on a daily basis, and our goal is to stop that from happening. With football comes a great opportunity to make a difference, be heard and show togetherness in our communities; there is no bigger or better way to bring people together than our national sport.

With support already being shown from across the sporting landscape, we are more certain than ever that we can help save lives. From the likes of Kieran Tierney, Erin Cuthbert and Callum McGregor of the Scottish National Team, down to the players enjoying a kick about in your local park, FC United To Prevent Suicide is here by your side.



Two simple words can help save a life.

Talk and Listen. If you're feeling low, talking to someone about your feelings can help. And if someone approaches you to talk, be ready to listen and lend an ear. It doesn't matter if it's a team mate, a coach or anyone else, your football community is here to help. If we can achieve what these two words **'Talk and Listen'** stand for, we can help prevent suicide.

If you need help right now and you're not sure where to turn, there are some amazing resources ready to listen.

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

**TOGETHER, WE CAN MAKE A DIFFERENCE.
TALK. LISTEN. SAVE LIVES.**

