



Together

for those bereaved
by suicide

We are here for you

At this difficult time, we want you to know that Hull and East Yorkshire Mind and North East Lincolnshire Mind are here for you. We're available today, tomorrow, and in the future.

We will be in touch - whether you need some emotional support, practical support, or just need someone to listen. We can also be contacted 24 hours a day, 7 days a week - should you need our help.

If you would like more information, please call us on freephone 0800 1380990, local number 01482 240133 or email info@heymind.org.uk. You can also text us on 07520633477.

Please remember that you are not alone.