

Orange Button Community Scheme

Listen, support, signpost



Lancashire and
South Cumbria
Integrated Care Board



This **World Suicide Prevention Day** make
the difference and **start the conversation**
#WSPD | 10th September 2024

If you are having
thoughts of suicide,
or are worried about
a friend or family
member, you can
talk to someone
wearing an
orange button.



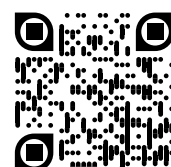
...they are people that have had the training to help you

If you need help right now and you are struggling
with your mental health, having thoughts of suicide, or
are worried about a friend or family member.

Please call Lancashire and South Cumbria NHS
Foundation Trust **helpline on 0800 915 4640** or text
HELLO to 07860 022 846

www.healthierlsc.co.uk/suicide

Scan the
QR code
for further
information



To find out more about the Orange button scheme visit – www.lancashireandsouthcumbria.icb.nhs.uk/orangebutton