



We understand that sometime unexpected conversations may happen. Here are the resources that we would like to remind you of:

What if someone is being or showing signs of

Needing medical help or advice?

Call **NHS 111**

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Suicidal? Call

**Samaritans 116123**

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Domestic Abused? Call

**Refuge 0808 2000 247**

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Needing help with drug addiction? Call

**Frank drugs helpline 0300 123 6600**

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Being bullied? Call

**National Bullying Helpline 0300 323 0169**

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Child suffering? Call

**ChildLine 0800 1111**

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In a life-threatening emergency?

Call **999**



**HELP  
LINES**



You can wear the

# Happy to Chat



badge anytime, anywhere, for however long or short as you wish. When wearing the badge, you are sending a message to others that you are happy to be greeted, approached and have a chat.

The happy-to-chat movement is supported by:

