



As part of World Suicide Prevention Week 2017

Saturday 3rd June
(11.00am – 3.00pm)



HELP A FRIEND STAY IN THE GAME.
If you think someone is considering suicide, **ASK THEM – IT COULD HELP SAVE THEIR LIFE.**
Be willing to listen and encourage them to get help.

GAMECHANGER – CHOOSE LIFE CHALLENGE CUP

SEVEN A SIDE FOOTBALL

Hibernian FC Training Centre, Ormiston, East Lothian, EH35 5NG.

Teams from across Lothian and beyond will compete in this awareness raising tournament. Come along and support the tournament, find out about the issues and local services –

Two teams will go on to compete in the Half Time challenge at Easter Road Stadium at a Premier League game in September. To register a team to play in the event – Call John Murphy: **0131 663 1616**

If you feel suicidal, **DON'T HIDE IT**, talk to someone you trust or phone a helpline.

Breathing Space:
0800 838 587

Samaritans:
116 123

(calls will cost 2p per minute plus your company's access charge)