

If you can read this, you're not alone.

WINGMAN — UK

Emergency	999	24/7
Samaritans	116 123	24/7
SHOUT	85258	Text SHOUT to 85258
CALM	0800 58 58 58	5pm – midnight
Refuge — DV Helpline	0808 2000 247	24/7

Carry this. Pull over before you call. Whoever you are, whatever you're going through.