

Name:

Number:

Email:

360 people took their own lives in Wales in 2017, 77% of those were men. If you are feeling low, depressed or feeling suicidal, talking to someone can be the first steps to getting better.

Taking this pledge with a friend to tell each other if either one of you is struggling can be all the support you need but if you do need extra help, Mid Powys Mind is here for you.

Mid Powys Mind is open weekdays  
9:00 - 4:00 excluding bank holidays. We  
provide, information, support and services  
for anyone who may be struggling with  
their mental health.

Call: 01597 824411

Email: [admin@midpowysmind.org.uk](mailto:admin@midpowysmind.org.uk)



## I pledge that:

### If I am struggling I will:

- ⇒ Tell someone that I need help
- ⇒ Reach out to my friends for support
- ⇒ Let someone know if I feel I may be suicidal
- ⇒ Contact Mid Powys Mind for information and support, or if Mid Powys Mind is closed to use the helplines from CALM, CALL or Samaritans.



CALM:	Open 5pm - Midnight	0800 58 58 58
CALL:	Open 24/7	0800 132 737
Samaritans:	Open 24/7	116 123

### If you are struggling I will:

- ⇒ Reach out to you to tell you I'm concerned
- ⇒ Listen to you without judgment
- ⇒ Ask you directly if I think you may be suicidal
- ⇒ Get you help and support if you are thinking about suicide.