



# Summer Holiday Support



**Call 0808 196 3830 or text LIFELINK to 85258**

## **Telephone and 24hr text chat support during the Summer break**

Our trained Lifelink staff will continue to provide support to young people during the Summer break through our holiday helpline and 24hr text Lifelink service.

The helpline will be available Monday to Friday between 10am and 3pm. Our text support service can be accessed at anytime by texting LIFELINK to 85258.