



Need to talk?
Don't know where to turn?

## Give us a call

Solidarity In A Crisis is a free out-of-hours phone line for those in crisis run by peer supporters with lived experience.

**Call us** 0300 123 1922

**Text us** 0788 9756 087/083

## **Email**

out-of-hourssolidarity@certitude.london

## **Opening times**

Monday - Friday: 6pm - 12am Saturday - Sunday: 12pm - 12am





