



**CERTITUDE.**  
SOLIDARITY IN A CRISIS

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-hours-  
solidarity@certitude.london

**Opening times**

Monday - Friday: 6pm - 12am

Saturday - Sunday: 12pm - 12am

