Advice & support for those affected by suicide and self-harm

## Take Comfort in a Friend

Belfast: 028 9075 5070

Lifeline Helpline: 0808 808 8000

### LIGHT)(OUSE

Lighthouse Ltd. 187 Duncairn Gardens, Belfast, BT15 2GF Tel: 028 9075 5070 | Fax: 028 9075 2857 www.lighthouseireland.org | info@lighthouseireland.org

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"A beacon of hope

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