

HOPEFUL STEPS



An evening walk to raise awareness
of suicide prevention

Come and join us to complete a 5 mile circular walk starting and finishing at Samaritans Office, 21 West Port, Selkirk.

Date Wednesday 6 September 2017

Registration from 5.30pm

Walk starts 6pm. Dogs welcome

For more information or to register contact
Border Samaritans

✉ borders@samaritans.org ☎ 07857 098186

Working in partnership

ChooseLife
Suicide prevention in Scotland

NHS
Borders

 **Scottish
Borders
COUNCIL**

HELP US BE THERE
WHEN IT MATTERS

SAMARITANS
THE BORDERS