



**THE WALK OF HOPE TEAM INVITES YOU  
TO JOIN US ON MONDAY, 11 TH  
MAY 2026.**

**TIME: 12PM**

**MEETING POINT: BOLTON TOWN HALL  
STEPS (NEAR THE COFFEE HOUSE)**

**APPROXIMATE WALK LENGTH: 1.5 KM**



**NEED HELP?**

**SAMARITANS: 116 123**

**BOLTON LISTENING LOUNGE: 01204 917 739**

**NHS : 111 OPTION 2**

**WORRIED ABOUT SOMEONE?**

**ASK THEM DIRECTLY HOW THEY FEEL. IF THEY'RE AT RISK:**

**CALL 999**

**CONTACT THEIR GP**

**HELP THEM REACH OUT TO SAMARITANS OR THE GMMH HELPLINE.**

**Bereaved by suicide?**

**call 0161 983 0902 or visit Greater Manchester**

**Bereavement**

**Service**

**SHINING A LIGHT ON  
SUICIDE**