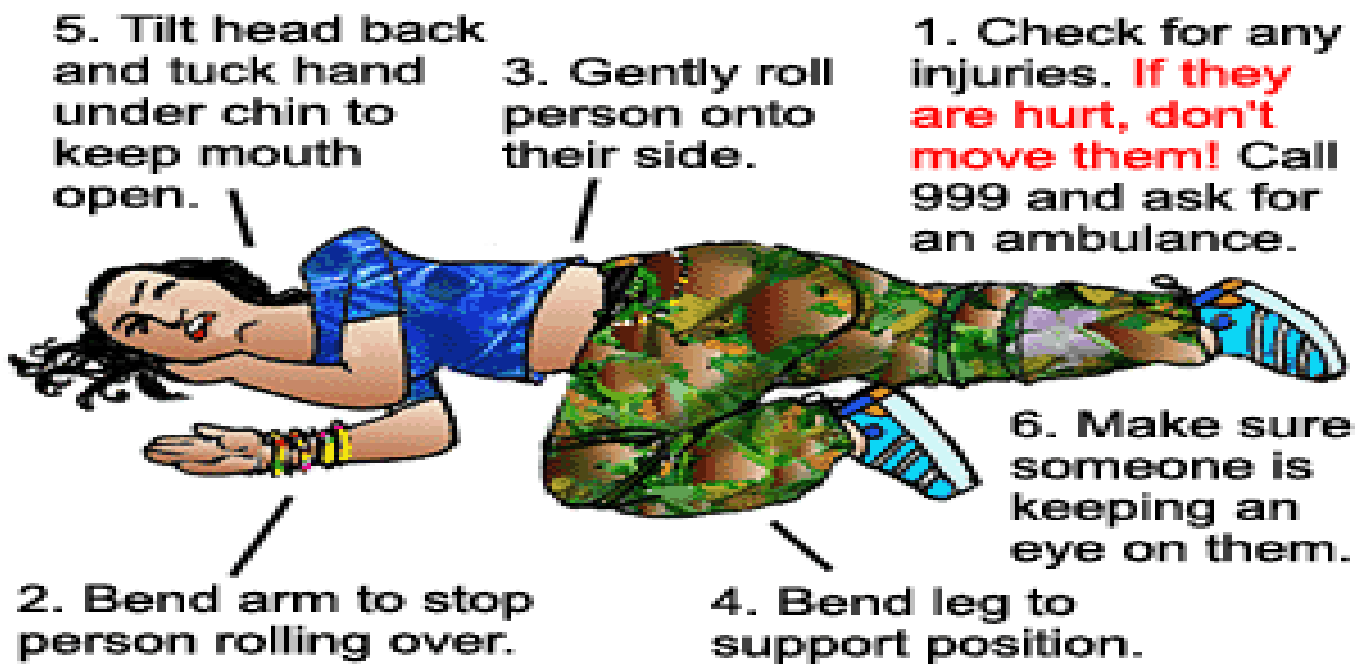
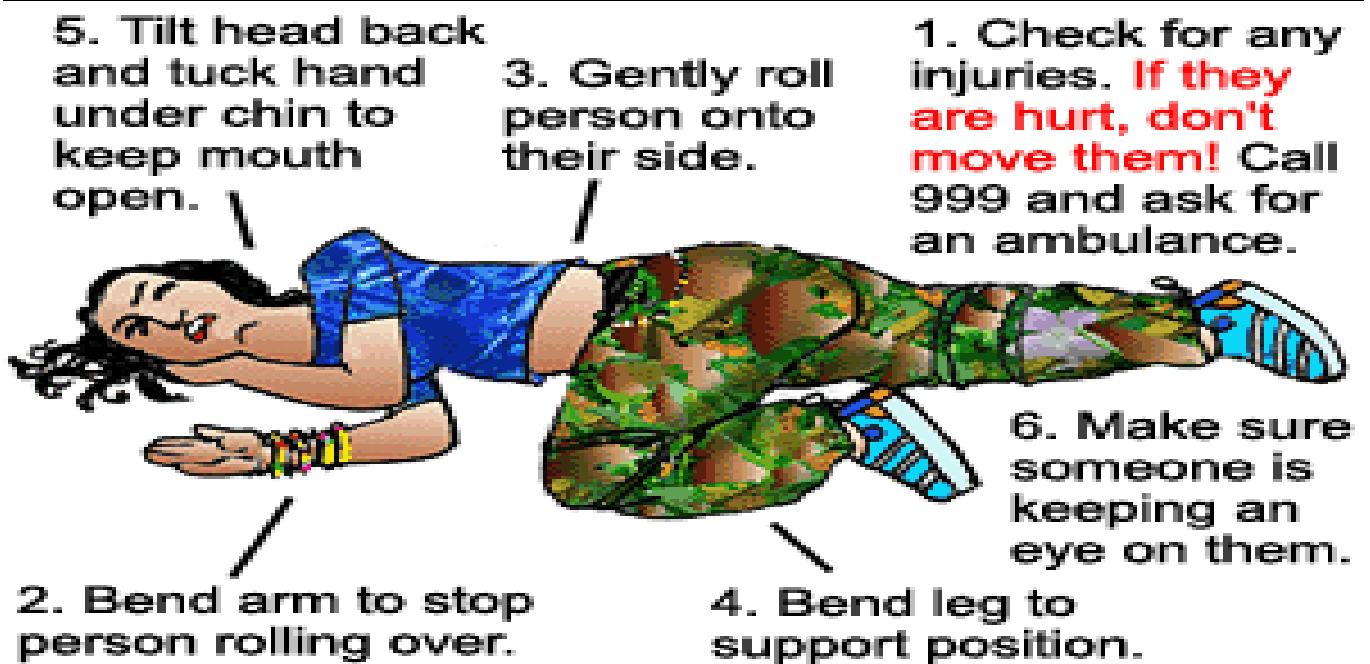


The Recovery position is for when someone is unconscious (passed out) but otherwise unhurt, and breathing normally.



The Recovery position is for when someone is unconscious (passed out) but otherwise unhurt, and breathing normally.



## **Useful Numbers**

**Emergency Calls:** 999

**Non-Emergency Calls:** 101

**The Matthew Project:** 0808 800 0003 / 07624 818402 (Text)

**Drinkline:** 0300 123 1110

**Talk To Frank:** 0300 123 6600

## **Useful Numbers**

**Emergency Calls:** 999

**Non-Emergency Calls:** 101

**The Matthew Project:** 0808 800 0003 / 07624 818402 (Text)

**Drinkline:** 0300 123 1110

**Talk To Frank:** 0300 123 6600