



“Cruse Scotland pulled me out of a very dark place and saved me from myself. I will always be grateful”

After the death of both her parents, Wendy really struggled to cope with her grief and began having thoughts of suicide.

You can help many other people in Scotland unable to imagine a future without their loved one.

Please donate today.



**BE A LIFE SAVER
THIS CHRISTMAS**

Hear Wendy's story, find support, or donate to help others struggling to cope: www.crusescotland.org.uk/christmas



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