SUICIDE: RESOURCES & USEFUL CONTACTS

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MESSAGE OF HOPE

Even in the darkest moments, hope can be found.

You are not alone. There are people who care and want to help.

Reaching out for support is a sign of strength, not weakness.

Every life has meaning, and things can change for the better.

Please remember: there is help, and there is hope.

Claire Russell
Founder & CEO

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RESOURCES & USEFUL CONTACTS

SAMARITANS

Phone: 116 123 (freephone)

Email: jo@samaritans.org

Post: Freepost SAMARITANS LETTERS

Website: samaritans.org

Service: Samaritans are open 24/7 for anyone who needs to talk. Youcan visit some Samaritans branches in person

SAMARITANS WELSH LANGUAGE LINE

Phone: Welsh Language Line

Service: 7pm–11pm every day

NATIONAL SUICIDE PREVENTION HELPLINE UK

Phone: 0800 587 0800 (alternative number 0800 689 0880)

Website: spuk.org.uk/national-suicide-prevention-helpline/

Service: Helpline offering a supportive listening service to anyone with thoughts of suicide, available 24/7.

NHS 111 (ENGLAND)

Phone: 111

Website: 111.nhs.uk

Service: Non-emergency medical help and advice for people in England.

NHS 111 (WALES)

Phone: 111

Website: 111.wales.nhs.uk

Service: Non-emergency medical help and advice for people living in Wales.

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PAPYRUS HOPELINEUK

Phone: 0800 068 41 41

Text: 88247

Email: pat@papyrus-uk.org

Website: papyrus-uk.org

Service: Confidential support for under-35s at risk of suicide andothers who are concerned about them. Open daily from 9am–midnight.

THE MIX

Phone: 0808 808 4994

Text: 85258 (crisis messenger service, text THEMIX)

Website: themix.org.uk

Service: Support and advice for under 25s, including a helpline, crisis messenger service and webchat.

STUDENTS AGAINST DEPRESSION

Website: studentsagainstdepression.org

Service: Information and support for students experiencing suicidal feelings, including a helpful safety plan template.

SWITCHBOARD

Phone: 0800 011 9100

Website: switchboard.lgbt

Service: Listening services, information and support for lesbian, gay, bisexual and transgender communities.

GENDER IDENTITY RESEARCH & EDUCATION SOCIETY (GIRES)

Website: gires.org.uk

Service: Works to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender.

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SANE

Phone: 0300 304 7000

Website: sane.org.uk

Service: Offers emotional support and information for anyone affected by mental health problems. SANEline is open between 4pm to 10pm, 365 days a year.

SHOUT

Text: 85258 (text SHOUT)

Website: giveusashout.org

Service: Confidential 24/7 text service offering support if you are incrisis and need immediate help.

STAY ALIVE APP

Website: prevent-suicide.org.uk

Service: App with help and resources for people who feel suicidal or are supporting someone else.

MAYTREE SUICIDE RESPITE CENTRE

Phone: 020 7263 7070

Website: maytree.org.uk

Service: Offers free respite stays for people in suicidal crisis.

SURVIVORS OF BEREAVEMENT BY SUICIDE (SOBS)

Website: uksobs.com

Phone: 0300 111 5065

Service: Emotional and practical support and local groups for anyone bereaved or affected by suicide.

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CAMPAIGN AGAINST LIVING MISERABLY (CALM)

Phone: 0800 58 58 58

Website: thecalmzone.net

Service: Provides listening services, information and support for anyone who needs to talk, including a web chat.

TOGETHERALL

Website: togetherall.com

Service: Online mental health community (formerly called Big WhiteWall). Free in some areas through your GP, employer or university.

MOOD DIARIES

Some examples of mood diaries – many more are available.

Website: moodscope.com
moodchart.org
moodpanda.com

HOW WE CAN HELP

It is vitally important to create the conditions within every organisation and workplace, where people feel safe to talk about how they feel and to ask for help when they need it.

To find out how we can help you to raise awareness on mental health, to increase mental health literacy and to create a psychologically safe and healthy workplace, please contact us at: info@mhib.co.uk

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