

National Resources

Crisis Support and Helplines

Emergency 999	Tel: 999	Call an ambulance if someone has already taken steps to end their life Call the police if there is a risk of immediate harm to someone
NHS 111 Service	Tel: 111	Non-emergency help quickly, when GP is closed. A national nurse-led helpline providing medical advice 24/7
Samaritans	Call free on 116 123 Email: jo@samaritans.org For local branches & drop-in times see website: www.samaritans.org	The Samaritans provide 24/7, confidential, emotional support for anyone in crisis. They can also take third person referrals, and will call someone you may be concerned about - all you need to do is call them and they will do the rest.
HOPELineUK	Helpline: 0800 068 4141 Or text: 07786 209697 (you do not need to provide name or whereabouts) www.papyrus-uk.org	A confidential helpline service staffed by trained professionals who can give support, practical advice and information to anyone concerned that a young person they know may be at risk of harming themselves. The helpline is open Mon – Fri 10am – 5pm and 7pm – 10pm, 2pm – 5pm on weekends.
SANELINE	Helpline: 0300 304 7000 sanemail@sane.org.uk www.sane.org.uk	SANELINE is open every day of the year from 4.30pm to 10.30pm
The Mix	Tel: 0808 808 4994 www.themix.org.uk (Web chat and email available)	Free, confidential helpline service for young people under 25 who need help. Open 365 days a year, for absolutely anything you're going through.
CALM Helpline	Tel: 0800 58 58 58 London: 0808 802 58 58 www.thecalmzone.net	The Campaign Against Living Miserably offers confidential, anonymous and free support, information and signposting to men anywhere in the UK. 5pm- Midnight every day, calls free from landlines and most mobiles.
Breathing Space (Scotland)	Tel: 0800 83 85 87 www.breathingspace.scot	Free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety. Breathing Space provides a safe and supportive space by listening, and offering advice and information.

Lifeline Helpline (N. Ireland)	Tel: 0800 808 8000 Textphone: 18001 0800 808 8000 (for deaf and hard of hearing Lifeline users) www.lifelinehelpline.info	Free helpline service for people who are experiencing distress or despair. No matter what your age or where you live in Northern Ireland, if you are or someone you know is in distress or despair, Lifeline is here to help.
C.A.L.L. Helpline (Wales)	Tel: 0800 132 737 'Help' to 81066 www.callhelpline.org.uk	Text
ChildLine	Tel: 0800 1111 Online chat & Ask Sam www.childline.org.uk	Emotional support and information/literature on mental health and related matters to the people of Wales. Anyone concerned about their own mental health or that of a relative can access the service. C.A.L.L. Helpline offers a free confidential listening and support service.
Mind	Tel: 0300 123 3393 or Text 86463 or email info@mind.org.uk www.mind.org.uk	Calls are free and confidential.Help and advice about a wide range of issues.
The Silver Line	Tel: 0800 470 8090 www.thesilverline.org.uk	Calls are charged at local rates and lines are open from 9am - 6pm Mon-Fri. Service provides information on a range of topics including: types of mental health problem, where to get help, medication, alternative treatments and advocacy.
Maytree Sanctuary	Tel: 020 7263 7070 maytree@maytree.org.uk www.maytree.org.uk	Email: Free confidential helpline, open 24 hours a day, every day of the year. Friendship and advice to older people.
Helplines Partnership	Tel: 0300 330 7777 Email: info@helplines.org	In London - a one-off short stay in a safe place for people in a suicidal crisis.
Victim Support Sussex	Tel: 0300 330 7777 Email: info@helplines.org	Find a helpline for your particular need
Refuge	Tel: 0808 168 9274 Lines are open 8am-8pm Mon to Fri, and 9am-5pm on Sat.Out of hours: Supportline free on 08 08 16 89 111	For those affected by crime
Refuge	Helpline: 0808 2000 247 www.refuge.org.uk	24 hour domestic violence helpline service

Mental Health and Counselling

Anxiety Alliance	Helpline: 0845 296 7877; www.anxietyalliance.org.uk	Support for those suffering from stress/anxiety
BiPolar UK	Tel: 0333 323 3880 http://www.bipolaruk.org/	Lots of info on bipolar disorder and links
Cruse	Helpline: 0808 808 1677 Email:helpline@cruse.org.uk www.cruse.org.uk	Bereavement support & care.
Mental Health Foundation	www.mentalhealth.org.uk	Campaigning, policy etc.

No Panic	Freephone: 0844 967 4848 Helpline: 0330 606 1174 www.nopanic.org.uk	Youth	Support for anxiety, phobias and obsessions
Nightline Association	www.nightline.ac.uk		Emotional support for students in distress, confidential & anonymous.
Premier Lifeline	Helpline: 0300 111 0101 www.premier.org.uk/lifeline		Helpline providing a listening service, information, emotional and spiritual support from a Christian perspective
Rethink	Tel: 0300 5000 927 www.rethink.org		Information and support related to mental illness
The Listening Place	Tel: 020 7259 8136 listeningplace.org.uk		Provides a safe place to those who feel like life is no longer worth living, to come and talk freely and confidentially to warm, non-judgemental volunteers.
You Raise Me Up charity	24hr Helpline: 01323 482772 www.youraisemeup.co.uk		Financial and emotional support to families who have lost a young adult between the ages 16 - 25
Facing the Future - suicide bereavement support groups	Helpline: 0208 939 9560 www.facingthefuturegroups.org info@facingthefuturegroups.org		Support groups providing a space where you will feel comfortable, listened to and, most importantly, be given time to talk. They provide a safe, relaxed place where there is no pressure, and you will meet other people who are dealing with having lost someone to suicide.

Drug and Alcohol Services

Frank	Tel: 0300 123 6600 82111 Email: frank@talktofrank.com www.talktofrank.com	Text:	Drugs information and resource
Addaction	www.addaction.org.uk		Addaction support adults, children, young adults and older people to make positive behavioural changes. Whether that's with alcohol, drugs, or mental health and wellbeing, we're here to help people improve their lives in ways they never thought possible.
Al-Anon Family Groups	Tel: 020 7403 0888 www.al-anonuk.org.uk		Provides support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.
Cocaine Anonymous	Tel: 0800 612 0225 (Free from Landlines) 0300 111 2285 about CA: wtf@cauk.org.uk all other enquiries: pi@cauk.org.uk www.cauk.org.uk	Mobile: Info	Free to join. A fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from their addiction.

Health and Wellbeing

Age UK	Tel: 0800 169 6565 www.ageuk.org.uk	Advice and support for senior citizens
Reading Well Books on Prescription	New Reading Well Books on Prescription scheme for dementia was launched on 26 January 2015 www.reading-well.org.uk/	Reading Well Books on Prescription helps you to understand and manage your health and well-being using self-help reading. The scheme is endorsed by health professionals and supported by public libraries. There are currently two book lists available

LGBTQ Services

LGBT Partnership	Tel: 0207 064 6506 Email: nationallgbtpartnership@gmail.com www.nationallgbtpartnership.org/publications/trans-health-factsheets/	Trans Health Factsheets: They have been prepared with the interests and wellbeing of all members of the trans community in mind, including young people under the age of 17. They should also be helpful to families and friends as well as to service providers and employers.
London LGBT Switchboard	Helpline: 0300 330 0630 Email: chris@llswitchboard.lgbt www.llgs.org.uk	Free & confidential support & information. Helpline open to all in the UK, daily 10am-11pm

Apps

Stay Alive	Free to download on Google Play and Apple App Store or at www.prevent-suicide.org.uk	A suicide prevention pocket resource for the UK Stay Alive offers help and support both to people with thoughts of suicide and to people concerned about someone else. The app can be personalised to tailor it to the user and links to 14 UK helplines. Created by Grassroots Suicide Prevention
Suicide Lifeguard	Free to download on Google Play and Apple App Store	Suicide Lifeguard is intended for anyone concerned that someone they know may be thinking of suicide.
Safety Plan	Free to download on Google Play	Create your own safety plan - A safety plan is a list of coping strategies and social supports that people can use when they are in a suicidal crisis or very distressed. It helps them not act on their suicidal feelings. The plan is brief, is in the individuals' own words, and is easy to read. It is an emergency plan for suicide crises.
My3 Support Network	Free to download on Google Play and Apple App Store	Define your network, and your plan to stay safe - Stay connected to your network when you are in a time of crisis with MY3. With MY3, you define your network, and the plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are feeling suicidal.

Online Support and Information

Unsuicide	www.unsuicide.wikispaces.com	Online suicide help - This web page might be helpful. It contains tweets from people with thoughts of suicide about what helps them cope with these thoughts.
About.com Depression Forum	www.depression.about.com/	Online chat forum for those coping with depression
Help Guide	www.helpguide.org	Helps you to cope with suicidal thoughts.
Big White Wall	www.bigwhitewall.com	A peer support network available that encourages you to be open about what is on your mind, to learn more about yourself and to work through what is troubling you. The service does cost to join, but is free in many areas.
Reddit Suicide Watch	www.reddit.com/r/SuicideWatch/	Reddit Suicide Watch, a moderated peer support forum.
MindOut Online Support	www.mindout.org.uk	MindOut Online Support: daily, out of hours, online support service for LGBT people.
Metanoia.org	www.metanoia.org/suicide/	If you are thinking about suicide... read this first.
Live Through This	www.livethroughthis.org	A collection of interviews with people who have survived a suicide attempt.
Conversations Matter	www.conversationsmatter.com.au	A practical online resource to support safe and effective community discussions.
CBT Self Help Resource	www.get.gg/suicidal.htm	Cognitive Behaviour Therapy self-help resources
DBT Self Help Resource	www.dbtselfhelp.com	Dialectical Behaviour Therapy self-help resources
Self Help for the Suicidal	www.selfhelpforthesuicidal.co.uk	Self-help resource
Self-Harm Self Help	www.selfharm.net/fself.html	Self-help resource, with advice and links
#NoHarmDone	www.inourhands.com/noharmdone/	Resources providing hope & practical support to those affected by self harm

This list is not exhaustive and in sharing this information we are not recommending any of these services. It is always sensible to contact a service to see if it is suitable for your needs. We try to keep the information up to date. However, services change regularly and therefore we cannot take responsibility for inaccuracies. If you are aware of any changes or anything you think we should add to this list please e-mail us at:

office@prevent-suicide.org.uk –

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