

## Local resources

### Sussex Mental Health Helpline

call 0300 5000 101  
open 5.00pm to 9.00am, Mon - Fri  
24 hours at weekends & bank hol.

### Mental Health Rapid Response Service (MHRRS)

call 0300 304 0078  
open 24/7

### Community Roots



Community Roots is an integrated network of local services committed to supporting good mental health and wellbeing in Brighton and Hove.

call 0808 196 1768  
visit [www.communityroots.org.uk](http://www.communityroots.org.uk)  
@bh\_roots / @bhcommunityroots

## Stay Alive app

The free Stay Alive app is full of useful information and tools to help you or someone else stay safe in crisis.



Quick access to UK national and local crisis support



Steps to take when you are feeling suicidal, or you are concerned about someone else



A mini-safety plan that can be filled out by anyone thinking about suicide



A LifeBox to store life-affirming photos

Store Safety Contacts - Customisable Wellness Plan - Suicide Myth-Busting  
Research-based Reasons For Living - Online Support Services - Breathing Exercises

## Thinking about suicide?

- 1 Wait. Decide not to do anything right now to hurt yourself. You do not have to act on your thoughts of suicide. Your thoughts and feelings CAN change.
- 2 Talk to someone. It could be a friend, family member, or support service. There are people who can listen & help.
- 3 If talking is difficult, there is online support available. Someone who wants to help you is just a click away.
- 4 Try to keep yourself safe for now.
- 5 Spend some time thinking about what your reasons for living might be.

## Worried about someone else?

- 1 Be alert. Not everyone who thinks about suicide will tell someone, but there may be warning signs.  
Be honest. Tell the person why you're worried about them, and ask about suicide.
- 2 Tell them you want to know how they are, and that it's OK to talk about suicide.
- 3 Listen. Just listening is one of the most helpful things you can do. Try not to judge or give advice.
- 4 Get them some help. It's OK if you don't know how; the ideas in this booklet are a good start.
- 5 Take care of yourself. Discuss your feelings with a friend or a support service.

# SUICIDE PREVENTION RESOURCES

If you or someone else is feeling suicidal, people who care are ready to help

**GRASSROOTS**  
*preventing suicide together*

[www.prevent-suicide.org.uk](http://www.prevent-suicide.org.uk)

we can all make a difference

## Emergency support

If someone has seriously harmed themselves or might act on suicidal thoughts, seek emergency support. Call 999 or go to your nearest A&E.

## Helplines

There are trained people who care and want to help anyone struggling with difficult feelings. There's no shame in reaching out.\*

### Samaritans

call 116 123  
jo@samaritans.co.uk  
24/7

### NHS 111

call 111  
24/7

### Shout

text "Shout" to  
85258  
24/7

### CALM

for men  
call 0800 58 58 58  
5.00pm to midnight  
everyday

### Papyrus

for people under 35  
call 0800 068 4141  
text 07786 209697  
pat@papyrus-uk.org  
9am to 10pm Mon - Fri

### Switchboard

for LGBT+ people  
call 0300 330 0630  
chris@switchboard.lgbt  
10am to 10pm everyday

### SANE

call 0300 304 7000  
info@sane.org.uk  
4.30pm to 10.30pm  
everyday

### The Silver Line

for people over 55  
call 0800 470 8090  
24/7

### Mind

call 0300 123 3393  
text 86463  
info@mind.org.uk  
9am to 6pm Mon - Fri

suicide can be prevented through  
open and courageous conversation

## Risk factors

Some things in life can be difficult to cope with, which can cause someone to feel suicidal. Asking for help is the first step to staying safe. Here's support for some of these issues.\*

### Alcohol & Drug Misuse

Addaction  
livechat &  
service finder  
addaction.co.uk

### Financial Difficulties

Money Advice  
Service  
call 0800 138 7777  
livechat at  
moneyadviceservice.org.uk

### Prisoners & Prison Leavers

Unlock  
call 01634 247350  
unlock.org.uk

### Bullying

Ditch The Label  
support forum &  
digital mentors  
ditchthelabel.org

### Gambling

Gamcare  
call 0808 8020 133  
livechat at  
gamcare.org.uk

### Refugees

Migrant Help  
call 0808 8010 503  
migranthelpuk.org

### Disabilities

Scope  
call 0808 800 3333  
scope.org.uk

### Homelessness

Shelter  
call 0808 800 4444  
livechat at  
shelter.org.uk

### Survivors of Abuse

Safeline  
men call 0808 800 5005  
women call 0808 802 9999  
under 25s 0808 800 5007

### Domestic Violence

Refuge  
call 0808 2000 247  
refuge.org.uk

### Loneliness

Befriending  
befriending.co.uk

### Veterans

Combat Stress  
call 0800 138 1619.  
combatstress.org.uk

## Bereavement

When someone dies by suicide, the grieving process can be more difficult to resolve. Support is available.\*

### Survivors of Bereavement by Suicide

call 0300 111 5065  
uk-sobs.org.uk

### Help is at Hand

NHS booklet for people  
bereaved by suicide.  
Search "Help is at Hand"

### CRUSE

call 0808 808 1677  
cruse.org.uk

\*Full list of resources available at [www.prevent-suicide.org.uk](http://www.prevent-suicide.org.uk)