



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

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

CALM

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

SANE

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

NHS 111

call 111
24/7

Papyrus

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

The Silver Line

for people over 55
call 0800 470 8090
24/7

Shout

text "Shout" to
85258
24/7

Switchboard

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

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**

we can all make a difference

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

Bullying

Ditch The Label
support forum &
digital mentors
ditchthelabel.org

Disabilities

Scope
call 0808 800 3333
scope.org.uk

Domestic Violence

Refuge
call 0808 2000 247
refuge.org.uk

Financial Difficulties

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

Gambling

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

Homelessness

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

Loneliness

Befriending
befriending.co.uk

Prisoners & Prison Leavers

Unlock
call 01634 247350
unlock.org.uk

Refugees

Migrant Help
call 0808 8010 503
migranhelpuk.org

Survivors of Abuse

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

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

Local resources

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.
- 2 Be honest. Tell the person why you're worried about them, and ask about suicide. 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.