

## Kent and Medway Young People Suicide Prevention Resources

Emergency 999	If you are concerned that harm to yourself or others is occurring or about to occur call the police and ambulance services. Explain your concerns in as much detail as possible to allow the call handler to provide the most appropriate response. <b>Tel: 999</b>
NHS 111	If you need medical help but it is not an emergency or if you want to contact an out of hours GP <b>Tel: 111</b>
The Samaritans	24/7 emotional support <b>Tel: Free 116 123 (UK) Email: jo@samaritans.org www.samaritans.org.uk</b>
NELFT NHS Foundation Trust	Children and young people's mental health services provides emotional wellbeing, advice, and support for young people and their families in Kent. <b>Tel: 0300 123 4496 / www.nelft.nhs.uk</b>
Medway Young Person's Wellbeing Service	The service provides emotional wellbeing, advice, and support for young people and their families across Medway. <b>Tel: 0300 300 1981 / www.nelft.nhs.uk</b>
Release the Pressure	Helpline: 24/7 confidential support, free to call <b>Tel: 0800 107 0160 / bit.ly/rtpkent</b>
Stay Alive app	Essential suicide prevention for everyday life. Stay Alive is a Real Talk product brought to you by Grassroots. A free, award-winning suicide prevention resource – the first in the UK! <b>Available on Android or Apple mobiles and tablets: bit.ly/getstyalive</b>
Winston's Wish	Supporting children and young people after the death of a parent or sibling. Face to face support, online chat and helpline. <b>Tel: free 08088 020 021 / www.winstonswish.org/</b>
SANE Mental Health Helpline	SANE's helpline is a national, 7 days a week, out-of-hours (4.30pm to 10.30pm) telephone helpline for anyone coping with mental illness, including concerned relatives or friends. <b>Tel: 0300 304 7000 / www.sane.org.uk</b>
ChildLine	Help and advice about a wide range of issues. Anyone under 19 in the UK. Childline is free, confidential and available any time, day or night. Phone, by email or through 1-2-1 counsellor chat. <b>Tel: 0800 1111 / www.childline.org.uk</b>
Switchboard LGBT+ Helpline	Confidential support from LGBT+ Volunteers 10am-10pm every day <b>Tel: 0300 330 0630</b>
Help is at Hand guide	Suicide bereavement guide read online or order a free copy <b>www.supportaftersuicide.org.uk</b>
Papyrus HOPElineUK (under 35s)	A national confidential support service for any young people (under 35) at risk of suicide, or anyone worried about a young person at risk of suicide. Mon-Fri 10am-10pm, Weekends 2pm-10pm, Bank Holidays 2pm-10pm. <b>Tel: 0800 068 41 41 / SMS: 07786 209697</b> <b>Email: pat@papyrus-uk.org</b> Calls and texts are free from all providers and do not appear on bills
Young Minds	Text the Young people Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. <b>Text YM to 85258 or contact Parents Helpline: 0808 802 554 www.youngminds.org.uk</b>
The Mix	Under 25 service with discussion boards, use of Group Chat Service, helpline, email, counselling and messenger <b>Crisis Messenger (Sunday to Friday from 4pm to 11pm)</b> <b>Tel: free 0808 808 4994 (7 days a week from 4pm to 11pm)</b> <b>www.themix.org.uk</b>
Charlie Waller Memorial Trust	Training, flyers, videos and other resources for parents and professionals <b>Tel: 01635 869754 www.cwmt.org.uk</b>