

## UK Suicide Prevention Resources

### Helplines and Crisis Support:

<b>Emergency 999</b>	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 <b>Tel: 999</b>
<b>NHS 111 Service</b>	Call 111 if you need medical help fast but it's not a 999 emergency <b>Tel: 111</b>
<b>Local Hospital</b>	<b>Address:</b> <b>Tel:</b>
<b>Local Police Station</b>	<b>Address:</b> <b>Tel:</b>
<b>Local Samaritans</b>	<b>Confidential emotional support</b> The Samaritans are a <b>24 hour</b> confidential, listening service providing emotional support to anyone in crisis. <b>Address:</b> <b>Tel: 116 123 (UK) Or 116 123 (ROI)</b> <b>Local</b>
<b>Papyrus HOPELineUK</b>	<b>Prevention of young suicide, for under 35s</b> Papyrus is a national confidential helpline for any young people (under 35) at risk of suicide, or anyone worried about a young person at risk of suicide. The helpline is open <b>Monday-Friday from 10am-5pm and 7pm-10pm then 2pm-5pm on weekends.</b> <b>Tel: 0800 068 41 41</b>
<b>Get Connected</b>	<b>Support for young people under 25</b> Get Connected is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. Open 365 days a year, for absolutely anything you're going through. <b>Monday-Friday from 1pm-11pm every day</b> , calls free from landlines and most mobiles. <b>Tel: 0808 808 4994 Text: 080849</b> <b><a href="http://www.getconnected.org.uk">www.getconnected.org.uk</a> (Web chat and email available)</b>
<b>CALM Helpline</b>	<b>Confidential emotional support for men</b> The Campaign Against Living Miserably offers confidential, anonymous and free support, information and signposting to men anywhere in the UK. <b>Monday-Friday from 1pm-11pm every day</b> , calls free from landlines and most mobiles. <b>Tel: 0800 58 58 58 Text: 07537 404717</b> <b><a href="http://www.thecalmzone.net">www.thecalmzone.net</a></b>
<b>SANE Mental Health Helpline</b>	<b>Meeting the challenge of mental illness</b> SANE's helpline is a national, <b>7 days a week, out-of-hours (6-11pm)</b> telephone helpline for anyone coping with mental illness, including concerned relatives or friends. <b>Tel: 0845 767 8000 Email: <a href="mailto:sanemail@sane.org.uk">sanemail@sane.org.uk</a></b> <b><a href="http://www.sane.org.uk">www.sane.org.uk</a></b>
<b>ChildLine</b>	<b>Help and advice about a wide range of issues</b> Contact ChildLine anytime - calls are free and confidential. Services include helpline, online chat and Ask Sam. <b>Tel: 0800 1111</b> <b><a href="http://www.childline.org.uk">www.childline.org.uk</a></b>
<b>Mind</b>	<b>For better mental health</b> Mind's team provides information on a range of topics including: types of mental health

	<p>problem, where to get help, medication and alternative treatments and advocacy. They will look for details of help and support in your own area.</p> <p><b>Tel: 0300 123 3393 (Phone calls from UK landlines are charged at local rates. Charges from mobile telephones vary considerably)</b></p> <p><b>Text: 86463</b></p> <p><b><a href="http://www.mind.org.uk">www.mind.org.uk</a></b></p>
<b>The Silver Line</b>	<p><b>Friendship and advice to older people</b></p> <p>The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.</p> <p><b>Tel: 0800 4 70 80 90</b></p> <p><b><a href="http://www.thesilverline.org.uk">www.thesilverline.org.uk</a></b></p>
<b>Breathing Space (Scotland)</b>	<p><b>Free phone and web based service</b></p> <p>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.</p> <p><b>Tel: 0800 83 85 87</b></p> <p><b><a href="http://www.breathingspace.scot">www.breathingspace.scot</a></b></p>
<b>Lifeline Helpline (N. Ireland)</b>	<p><b>Helpline for people in distress or despair</b></p> <p>Lifeline is the free Northern Ireland response 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.</p> <p><b>Tel: 0800 808 8000</b></p> <p><b>Textphone: 18001 0800 808 8000 (for deaf and hard of hearing Lifeline users)</b></p> <p><b><a href="http://www.lifelinehelpline.info">www.lifelinehelpline.info</a></b></p>
<b>C.A.L.L. Helpline (Wales)</b>	<p><b>Emotional support and info on mental health</b></p> <p>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.</p> <p><b>Tel: 0800 132 737 Text 'Help' to 81066</b></p> <p><b><a href="http://www.callhelpline.org.uk">www.callhelpline.org.uk</a></b></p>
<b>Helplines Partnership</b>	<p><b>Find a helpline for your particular need</b></p> <p><b>Tel: 0300 330 7777 Email: <a href="mailto:info@helplines.org">info@helplines.org</a></b></p> <p><b><a href="http://helplines.org">helplines.org</a></b></p>
<b>Maytree Sanctuary</b>	<p><b>One-off short stay in a safe place</b></p> <p>Maytree Sanctuary in London - a one-off short stay in a safe place for people in a suicidal crisis. <b><a href="http://www.maytree.org.uk">www.maytree.org.uk</a></b></p>

Online support and Resources:

<b>Unsuicide</b>	<p><b>Online suicide help</b></p> <p>This web page might be helpful. It contains tweets from people with thoughts of suicide about what helps them cope with these thoughts.</p> <p><b><a href="http://unsuicide.wikispaces.com">unsuicide.wikispaces.com</a></b></p>
<b>About.com Depression Forum</b>	<p>Online chat forum for those coping with depression</p> <p><b><a href="http://www.depression.about.com/">www.depression.about.com/</a></b></p>
<b>Help Guide</b>	<p>Helps you to cope with suicidal thoughts. <b><a href="http://www.helpguide.org">www.helpguide.org</a></b></p>
<b>Big White Wall</b>	<p><b>A peer support network.</b></p> <p>Big White Wall is 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.</p>

	<a href="http://www.bigwhitewall.com">www.bigwhitewall.com</a>
<b>Childline Online Chat</b>	<p><b>ChildLine's chat service for children and young people.</b>          Contact ChildLine anytime - calls are free and confidential.  <b>Tel: 0800 1111</b>          Online chat: Chat with a ChildLine counsellor about anything that is worrying you in a 1-2-1 session - this works like instant messenger.  <a href="http://www.childline.org.uk">www.childline.org.uk</a>.</p>
<b>Get Connected Online chat</b>	<p><b>Get Connected's chat service for young people.</b>          Get Connected is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. Open 365 days a year, for absolutely anything you're going through.  <b>Tel: 0808 808 4994</b>          Text: 80849 - Texts are free and will usually be answered within 24 hours          Web chat - between 1-11pm every day.  <a href="http://www.getconnected.org.uk">www.getconnected.org.uk</a></p>
<b>Reddit Suicide Watch</b>	<p>Reddit Suicide Watch, a moderated peer support forum.  <a href="http://www.reddit.com/r/SuicideWatch/">www.reddit.com/r/SuicideWatch/</a></p>
<b>MindOut Online Support</b>	<p>MindOut Online Support: daily, out of hours, online support service for LGBT people.  <a href="http://www.mindout.org.uk">www.mindout.org.uk</a></p>
<b>Metanoia.org</b>	<p>If you are thinking about suicide... read this first.  <a href="http://www.metanoia.org/suicide/">www.metanoia.org/suicide/</a></p>
<b>Live Through This</b>	<p>A collection of interviews with people who have survived a suicide attempt.  <a href="http://www.livethroughthis.org">www.livethroughthis.org</a></p>
<b>Conversations Matter</b>	<p>A practical online resource to support safe and effective community discussions.  <a href="http://www.conversationsmatter.com.au">www.conversationsmatter.com.au</a></p>

Apps:

<b>Stay Alive</b>	<p><b>A suicide prevention pocket resource for the UK</b>          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.  <b>Free to download on Google Play and Apple App Store or at <a href="http://www.prevent-suicide.org.uk">www.prevent-suicide.org.uk</a></b></p>
<b>Suicide Lifeguard</b>	<p>Suicide Lifeguard is intended for anyone concerned that someone they know may be thinking of suicide.  <b>Free to download on Google Play and Apple App Store</b></p>
<b>Safety Plan</b>	<p><b>Create your own safety plan</b>          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.  <b>Free to download on Google Play</b></p>
<b>My3 Support Network</b>	<p><b>Define your network, and your plan to stay safe</b>          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.  <b>Free to download on Google Play and Apple App Store</b></p>

*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](mailto:office@prevent-suicide.org.uk)  
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