

**Struggling  
to find a reason  
to stay alive?**

See what others have said  
[www.bit.ly/reasonslive](http://www.bit.ly/reasonslive)

**It's OK  
to talk**

**There is no  
shame in seeking  
help when you are feeling  
stressed, depressed or  
experiencing a crisis**  
[www.bit.ly/find-help](http://www.bit.ly/find-help)



**Difficult  
talking about it?  
Struggling to cope?  
Feeling alone?  
Need someone to listen?**

**It's OK  
to talk**

**Thinking  
about suicide?**

Be honest with yourself.  
Tell someone. You don't  
have to be alone.  
Stay safe. Get help.

**It's OK  
to talk**





**Together we can make our communities safer from suicide.**  
[www.prevent-suicide.org.uk](http://www.prevent-suicide.org.uk)  
[www.mindout.org.uk](http://www.mindout.org.uk)

**Grassroots Suicide Prevention** is proudly working towards making Brighton & Hove the UK's first Suicide-Safer City. Charity number 1149873.

**MindOut** is a mental health service run by and for LGB&T people. We offer support to people who experience suicidal distress.

Charity number 1140098.



## Take the pledge!

I pledge that I will:

- tell someone if I'm struggling and need help;
- reach out and tell you if I'm worried about you;
- listen to you, without judgment if you need someone to talk to;
- ask you, directly, if I think you're trying to tell me about suicide;
- help you get support if you're struggling and/or thinking about suicide.



Scan me!

[www.bit.ly/TellMepledge](http://www.bit.ly/TellMepledge)



## Find help

**MindOut** provides confidential support for LGB&T people, who experience suicidal distress. Online support, peer group support, advice & information and advocacy. Email [info@mindout.org.uk](mailto:info@mindout.org.uk) call 01273 234839 or visit [www.mindout.org.uk](http://www.mindout.org.uk)

**A & E Psychiatric Liaison Team** Help and support for anyone in a mental health crisis 24/7 01273 696955 ext 4248

**Sussex Mental Healthline** for anyone experiencing mental health problems including anxiety and depression. Opening hours: Mon – Fri 5pm – 9am, weekends and Bank Holidays 24 hour Helpline: 0300 5000 101 [www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

**Rethink Mental Illness SOS (Survivors of Suicide)** Supporting those bereaved by suicide in Brighton & Hove. 9-5pm Mon-Fri 01273 709060

**Brighton & Hove Samaritans** open 24 hours every day 01273 77 22 77, drop in 10am-10pm every day (near Hove Station), text us 07725 90 90 90 Email [jo@samaritans.org](mailto:jo@samaritans.org)

A list of further LGBT-specific telephone and online resources for people struggling with suicide:  
[www.bit.ly/LGBTQlinks](http://www.bit.ly/LGBTQlinks)

## Thinking about suicide?

**You are not the only person** – Many people consider suicide at some point in their life.

**Talk to someone** – Don't keep suicidal feelings to yourself, please reach out. Being silent isn't being strong. It's okay to ask for help.

**You don't have to be alone** – Someone out there wants to listen.

**Be aware** – Alcohol and drugs can often make things worse.

**Keep yourself safe** – Make an agreement with yourself and someone else that you won't act on your suicidal thoughts while further help is being arranged.

**Ask for help** – See your GP or go to A&E. Have a look at the information on this card to find out where else you can go for help.

**Remember** – Your thoughts and feelings CAN change.  
*We hope this information is helpful and offers you some hope.*

## SAFETY PLAN CARD

If I feel I cannot stay safe from suicide...

I will talk to:

I will seek help from:

I will calm / comfort myself by:

I will go somewhere I am safe:

My ideas for keeping safe: