

SUICIDE PREVENTION ADVICE

5 action steps you can take to support someone in crisis

WATCH OUT:

For warning signs, distress and changes in behaviour.

SPEAK UP & ASK:

“Are you thinking about hurting yourself?”. It’s not an easy question, but by asking someone who is struggling, you may help save a life.

BE SUPPORTIVE:

- Take the person seriously; listen to them carefully and without judgement;
- Try to offer hope by assuring the person that, with the right help, their suicidal thoughts will pass with time;
- Try not to act shocked and/or try to ‘fix’ problems;
- Don’t promise confidentiality and don’t blame yourself.

GET PROFESSIONAL HELP:

- Try to encourage the person to get the help they need – you can call a crisis line for advice and referrals;
- You might be able to motivate them to see a mental health professional, help locate a treatment facility or even take them to a doctor’s appointment;
- If you think the risk of suicide is high or imminent, respond quickly!

STAY CONNECTED:

Keeping in touch after a crisis can make a significant difference – studies have shown the number of suicide deaths go down when someone follows-up with an at-risk person.



If you are experiencing suicidal thoughts or wanting to support someone who is, you can call a phonenumber or message a text line.



SAMARITANS

For everyone
Call **116 123**
Email jo@samaritans.org

SHOUT CRISIS TEXT LINE

For everyone
Text "SHOUT" to **85258**

YOUNGMINDS CRISIS MESSENGER

For people under 19
Text "YM" to **85258**

CAMPAIGN AGAINST LIVING MISERABLY (CALM)

Call **0800 58 58 58**
5pm to midnight every day
Visit the webchat page:
www.thecalmzone.net

PAPYRUS

For people under 35
Call **0800 068 41 41**
9am to midnight every day
Text **07860 039967**
Email pat@papyrus-uk.org

CHILDLINE

For children and young people under 19
Call **0800 1111** – the number will not show up on your phone bill.

SOS SILENCE OF SUICIDE

For everyone
Call **0300 1020 505**
4pm to midnight every day
Email support@sossilenceofsuicide.org

SANELINE

If you're experiencing a mental health problem or supporting someone else, you can call SANELine on **0300 304 7000** (4.30pm-10.30pm every day)

NATIONAL SUICIDE PREVENTION HELPLINE UK

Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on **0800 689 5652** (open 24/7).

WHO ELSE CAN YOU TALK TO?

Call a GP – ask for an emergency appointment.
Call 111 out of hours – they will help you find the support and help needed contact mental health crisis team – if you have one or the person you are concerned about has.

IS YOUR LIFE OR SOMEONE ELSE'S LIFE IN IMMINENT DANGER?

If you have seriously harmed yourself – for example, by taking a drug overdose – or you feel that you may be about to harm yourself or if you are worried about someone else's life being in an immediate danger, **call 999** or go straight to A&E.