

Suicide



This poster contains information for both people managing suicidal thoughts and for people who are looking for ways that they can help someone else.

If you are currently contemplating suicide or have suicidal thoughts, there are people here for you.

Reach out, somebody can help you.

You don't have to be alone with these thoughts.

Samaritans: www.samaritans.org
Call - 116 123 (24h)

HOPELINE UK: www.papyrus-uk.org : Dedicated Suicide helpline.
Call - 0800 068 4141
Text - 07786209697
Email - pat@papyrus-uk.org

NHS: Call - 999 or 111
You can also go to A&E and someone will help.

Childline: www.childline.org.uk
Call - 0800 1111 (24h)

Young Minds Parents Helpline
Call - 08088025544

Kooth: Free, safe and anonymous online support for young people
www.kooth.com

Shout: www.giveusashout.org
Text - 85258 (24h)

If you know someone who is feeling suicidal:

- ⇒ Stay calm.
- ⇒ Listen to them, and take what they say seriously.
- ⇒ Check to see if they have a plan or what their intentions are.
- ⇒ If you are really worried, contact someone else yourself. You are not letting them down.
- ⇒ Do not leave them until they are safe or someone else is able to look after them. Then keep checking in on them over the next few days.
- ⇒ Tell the person where they can get help (see above).
- ⇒ Make sure you take time to unwind and think about things afterwards to look after yourself