

# SUICIDE PREVENTION

## Useful Resources and Support



Free, confidential, 24-hour phone support service  
<https://www.samaritans.org>

**CALL: 116 123**  
**EMAIL: jo@samaritans.org**



Prevention of Young Suicide  
Mon-Fri  
10am-5pm, 7pm-10pm  
Weekends 2pm to 5pm  
<https://www.papyrus-uk.org>

**CALL: 0800 068 41 41**



Free, confidential helpline and webchat 7 days a week "for anyone who needs to talk about life's problems"  
<https://www.thecalmzone.net>

**CALL: 0800 58 58 58**



27/7 support service  
<https://giveusashout.org>

**TEXT: 85258**



Support and advice about mental health problems  
infoline  
Mon-Fri 9am-6pm  
<https://www.mind.org.uk>

**CALL: 0300 123 3393**



Free support service for people under 25  
<https://www.themix.org.uk>

**CALL: 0808 808 4994**  
**EMAIL: help@themix.org.uk**



A library of resources for professionals, practitioners, or anyone interested in suicide prevention

<https://nspa.org.uk/resources/>



Practical help advice line  
Mon-Fri 10am-4pm  
<https://www.rethink.org>

**CALL: 0300 5000 927**



Support to those bereaved by suicide

<http://supportaftersuicide.org.uk/>