

SUICIDE PREVENTION

Useful Resources and Support



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

CALL: 116 123
EMAIL: jo@samaritans.org



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/>