

Information and Support: Suicide / Feelings of despair

If you or someone you know are feeling emotionally distressed, the following organisations offer advice and support.

Samaritans

Samaritans is available 24 hours a day for anyone struggling to cope and provide a safe place to talk where calls are completely confidential.

Phone: 116 123

<http://www.samaritans.org/>

Suicide Prevention UK

Suicide Prevention UK helps anyone who may be struggling with their mental health and/or thoughts of suicide via the National Suicide Prevention Helpline UK.

Phone: 0800 689 5652

<https://www.spuk.org.uk/>

SOS Silence of Suicide

SOS Silence of Suicide provides a listening service for children and adults who need emotional support, understanding, compassion & kindness.

Phone: Phone: 0808 115 1505 (Mon-Fri: 8pm to Midnight and Sat-Sun: 4pm to Midnight)

<https://sossilenceofsuicide.org/>

Shout

Shout is a 24/7 text service, free on all major mobile networks, for anyone struggling to cope and in need of immediate help.

Text SHOUT to 85258

<http://www.giveusashout.org/get-help/>

PAPYRUS HOPELINE247

PAPYRUS HOPELINE247 offer support, practical advice and information to young people considering suicide and can also offer help and advice if you're concerned about someone you know.

Phone: 0800 068 41 41 (24/7)

<http://www.papyrus-uk.org/>

CALM

CALM, the campaign against living miserably is a suicide prevention charity that offers free, anonymous, and confidential support via their helpline and webchat for anyone who is in crisis.

Phone: 0800 58 58 58 (daily 5pm-midnight)

<http://www.thecalmzone.net/>

Lifeline

Lifeline provides support to people suffering distress or despair in Northern Ireland, regardless of age or district.

Phone: 0808 808 8000 (24/7)

<http://www.lifelinehelpline.info/>

Community Advice & Listening Line

Community Advice & Listening Line offers emotional support and information on mental health and related matters to people in Wales

Phone: 0800 132 737 (24/7) or text "help" to 81066

<http://www.callhelpline.org.uk/>

Breathing Space

Breathing Space offers a confidential phone and web-based service for people in Scotland experiencing low mood, depression, or anxiety.

Phone: 0800 83 85 87 (Mon-Thu 6pm-2am, weekends 24 hours).

A BSL service is also available via the website.

<http://breathingspace.scot/>

Survivors of Bereavement by Suicide

Survivors of Bereavement by Suicide exists to meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend.

Phone: 0300 111 5065 (9am to 9pm daily)

<https://uksobs.org/>

Suicide&Co

Suicide&Co provides support to bereaved individuals and opens the conversation around suicide-related grief.

Phone: 0800 054 8400 (Monday to Friday 9am-5pm).

<https://www.suicideandco.org/>

Nightlines

Nightlines are confidential, anonymous, non-judgemental support services run by students for students.

If you're a student, you can search for your institution's Nightline details via the website.

<http://www.nightline.ac.uk/want-to-talk>

Your Doctor/GP

It can be helpful to talk to your GP and let them know how you are feeling. There are also local NHS walk in centres (Urgent Care Services) available; your nearest can be found here

<https://www.nhs.uk/service-search/Urgent-Care/LocationSearch/1824>

NHS 111

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. Available 24 hours a day, 365 days a year, you can talk to a trained adviser by **calling 111** or at <https://111.nhs.uk/>

Accident & Emergency

If you have self-injured/self-harmed, are having suicidal thoughts & feelings or you are thinking of ending your life, you can go to your local Accident & Emergency Department