

# Suicide

If you are currently contemplating suicide or experiencing suicidal thoughts, there are people here to support you. Reach out, somebody can help you. You don't have to be alone with these thoughts.

## SAMARITANS

Support and advice

Call free on- 116 123 (24 hours)

Email- [jo@samaritans.org](mailto:jo@samaritans.org) (Response time 24 hours.)

Try the Samaritans **self-help app**- Keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis.


<https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/>



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

Support and Advice

 Hopeline- Call free on- 0800 068 4141

 Text- 07860039967

 Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Opening hours:

9am – midnight every day of the year (Weekends and Bank Holidays included)

Our Suicide Prevention Advisers are ready to support you.

For more information please visit- <https://www.papyrus-uk.org/>



**kooth**

Kooth- <https://www.kooth.com/>  
Free, safe and anonymous online support



**childline**

ONLINE, ON THE PHONE, ANYTIME

Childline- 0800 11 11 (24 hours)

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



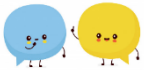
**NHS**

NHS- 999 or 111

You can also go to A&E and someone will help.

If you are concerned that someone you know may be experiencing thoughts of suicide, the only way to be sure is to ask them directly.

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 below).

Take time  
to reflect

Make sure you take time to unwind and think about things afterwards to look after yourself.