

Please reach out for support and help.

We understand how difficult this time must be but PLEASE if you are experiencing or someone in your family is having suicidal thoughts or has a plan in place please reach out for support and help.



In an emergency mental health crisis please call: 999

SAMARITANS

Whatever you're going through 24/7 365 days a year

Free any time, from any phone, on 116 123.

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

childline

ONLINE, ON THE PHONE, ANYTIME

Childline

This is a private and confidential service for children and young people up to the age of 19. They are able to contact a counsellor to talk about any issues.

<https://www.childline.org.uk/> **0800 1111**

- Call a trusted appropriate friend or family member
- Call your GP
- If you have other organisations involved such as a mental health team, community psychiatric nurse, CAMHS (child, adolescent mental health service), children's social care, support workers they can be contacted. If this relates to a young person it's about walking alongside them to seek help and support, however in an emergency call 999.

Other means of support:

MIND

<https://www.mind.org.uk/> - Mind is a mental health charity

Phone number: 0300 123 3393

Mind phone line provides information and a signposting service. They are open 9am to 6pm, Monday to Friday (except for bank holidays).

Email: info@mind.org.uk

PAPYRUS

www.papyrus-uk.org/

HOPELINEUK is a confidential support and advice service for:

- Children and Young People under the age of 35 who are experiencing thoughts of suicide
- Anyone concerned that a young person could be thinking about suicide

Call: 0800 068 41 41

Text: 07860 039967

Email: <https://papyrus-uk.org/>

YOUNGMINDS

<https://youngminds.org.uk/find-help/get-urgent-help/>

CALM

<https://www.thecalmzone.net/help/get-help/>

Call the CALM helpline [0800 58 58 58](tel:0800585858)

Open 5pm – midnight, 365 days a year