

Help for suicidal thoughts

Safe Connections Suicide Prevention Hub and Helpline

Suicide Prevention Helpline number is:

0300 561 0115 Monday to Friday from 9.30am to 4.30pm.

A self-referral service that provides a warm and safe space to explore suicidal feelings, triggers, and the underlying causes. We will support callers to find and access other local services in the community, that can support to manage, or reduce suicidal feelings. Outside of our operating hours leave message and we will get back to them as soon as possible. Or, if making the first call is challenging for someone, then people can email safeconnections@mithn.org.uk and we can call them to start conversations and connections.

<https://www.nhs.uk/.../behavi.../help-for-suicidal-thoughts/>

If you're feeling like you want to die, it's important to tell someone.

Help and support is available right now if you need it. You do not have to struggle with difficult feelings alone.

PHONE A HELPLINE

These free helplines are there to help when you're feeling down or desperate.

Unless it says otherwise, they're open 24 hours a day, every day.

You can also call these helplines for advice if you're worried about someone else.

Information:

[Samaritans](#) – for everyone

Call 116 123

Email jo@samaritans.org

Information:

[Campaign Against Living Miserably \(CALM\)](#)

Call 0800 58 58 58 – 5pm to midnight every day

Visit the [webchat page](#)

Information:

[Papyrus](#) – for people under 35

Call 0800 068 41 41 – 9am to midnight every day

Text 07860 039967

Email pat@papyrus-uk.org

Information:

[Childline](#) – for children and young people under 19

Call 0800 1111 – the number will not show up on your phone bill

Information:

[SOS Silence of Suicide](#) – for everyone

Call 0300 1020 505 – 4pm to midnight every day

Email support@sossilenceofsuicide.org

MESSAGE A TEXT LINE

If you do not want to talk to someone over the phone, these text lines are open 24 hours a day, every day.

Information:

[Shout Crisis Text Line](#) – for everyone

Text "SHOUT" to 85258

Information:

[YoungMinds Crisis Messenger](#) – for people under 19

Text "YM" to 85258

TALK TO SOMEONE YOU TRUST

Let family or friends know what's going on for you. They may be able to offer support and help keep you safe.

There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.

WHO ELSE YOU CAN TALK TO

If you find it difficult to talk to someone you know, you could:

- **call a GP** – ask for an emergency appointment
- **call 111** out of hours – they will help you find the support and help you need
- **contact your mental health crisis team** – if you have one