

Pick up the
Phone
You are
NOT ALONE

Guidance and confidential support for suicide concern
Shropshire and Telford Suicide Prevention Network

Are you thinking about suicide?
Suggestions to consider:

Talk to someone
It could be a friend or family, or a confidential and non-judgemental support service from within this pack.

Wait
Your thoughts and feelings CAN change

If you feel you are in immediate danger contact emergency services on 999

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Worried about someone else?

Be alert
Not everyone who thinks about suicide will tell someone, but there may be warning signs.

Be Honest
Tell the person why you're worried about them, and ask about suicide.

Listen
Just listening is one of the most helpful things you can do. Try not to judge or give advice.

Get them some help
The support contacts in this pack can help guide you

Take care of yourself
You may find it helpful to discuss your feelings with another friend, or a confidential service.

If the person is in immediate danger contact 999

TALK TO US
If things are getting to you

116 123 FREE
This number is FREE to call round the clock

SAMARITANS

Confidential listening and local support for everyone

SAMARITANS

☎ 116 123 (free)

We offer a safe place for you to talk to anyone you like, in your own way - about whatever's getting to you.

mind
for better mental health

☎ 0300 123 3393
Text 86463

We provide a wide range of support and services for the one in four people and their families affected by mental or emotional distress.

shout Text 85258
for support in a crisis

A free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Confidential support dedicated for adults

NHS **70**
Midlands Partnership NHS Foundation Trust
A Keele University Teaching Trust
YEARS OF THE NHS
1948 - 2018

Access service
☎ 0300 124 0365

For Anybody:

- Who is worried about their mental health
- Already using adult mental health services who needs to contact us out of hours
- Who cares for someone receiving adult mental health services from us
- Concerned about the mental health of an adult family member or close friend

Confidential support dedicated for children and young adults

kooth
Online at
Kooth.com
Free, safe and anonymous online support for young people

Beam
Shropshire Telford and Wrekin

Drop in centres in Shropshire and Telford and Wrekin
For location and opening times please visit
www.childrensociety.org.uk/beam/shropshire

Need to talk? There is support via Childline
☎ 0800 1111

We're an emotional health and well-being service for children and young people, so if you're under 25 and have something on your mind, we're here to listen and support you.

Support is non judgemental and you will be listened to