#### 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 leaflet

#### Wait

Your thoughts and feelings CAN change

#### If you feel

You are in immediate danger, contact emergency services on 999

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 the leaflet 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

## 

## Whatever you're facing We're here to listen

#### samaritans.org

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

A registered charit

#### Call free day or night on

116 123

Email jo@samaritans.org

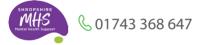
## SAMARITANS

# Confidential listening and local support for everyone

© 07434 869248 We promote and support

better mental health in Telford and Wrekin

rind. Telford



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



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 for all ages



## **Midlands Partnership**

**NHS Foundation Trust** 

A Keele University Teaching Trust

#### 24/7 NHS Urgent Mental Health Helpline

# FREEPHONE

## For people of all ages You can call for:

24-hour advice and support for you, your child, your parent or someone you care for
Help speaking to a mental health professional
An assessment to find the right care for you



## Confidential support dedicated for children and young adults



www.kooth.com

Free, safe and anonymous online support for young people



Drop in centres in Shropshire and Telford and Wrekin For location and opening times visit

www.childrenssociety.org.uk/beam/shropshire



## Call Hopeline UK 0800 068 4141

For Children and young people under the age of 35 who are experienceing thoughts of suicide AND

For anyone concerned that a young person could be thinking about suicide



Guidance and confidential support for suicide concern

## Support is non judgemental and you will be listened to.

Shropshire and Telford Suicide Prevention Network



