**HELP FOR CRISIS & SUICIDAL THOUGHTS**

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| If you’re experiencing mental health crisis and need immediate, call NHS 111 or 999 or use any of the information below |
| **SAMARITANS**www.samaritans.org24/7: For everyone and anyone, whether you’re feeling suicidal or just need to talk.Text or Phone: 116 123Email jo@samaritans.org | **HOPELINE UK**www.papyrus-uk.orgFor children-under 35s (or concerned parties) to help prevent suicideConfidential support and advice service: 9am-12am every dayPhone: 0800 068 4141Text: 07860 039967Email: pat@papyryus-uk.org |
| **SHOUT**www.giveusashout.orgFor people feeling suicidal: Text support and online resourcesText 85258 24/7 | **CALM** www.thecalmzone.netFor men who are down and need to talk or find information and support. 5PM – MIDNIGHT, 365 DAYS A YEAR:Phone 0800 58 58 58Webchat  |
|  **YOUNG MINDS**www.youngminds.org.ukFor young people and their parents: advice and information on looking after mental healthText YM to 85258 24/7 Mon-Fri 9.30am-4pm:Parents Helpline – Tel 0808 802 5544Parents Helpline Email/Webchat | **CHILDLINE**www.childline.org.ukFor under 19s, 24/7: confidentially call, chat online or email about any problem big or small.Tel 0800 11 11 |
| **SANE**www.sane.org.uk**For anyone affected by mental illness, including family, friends and carers: SANEline mental health helpline offering specialist emotional support, guidance and information.****365 days a year 4pm-10pm: 0300 304 7000.**Get email support:  support@sane.org.uk.Or request Textcare through the Sane website  |  |
| 4/7/8 BREATHINGIt’s possible to calm intense emotional states by using simple breathing techniques. Try just 5 or 10 minutes initially and after that regularly at any time in the day. Check out the video guide offered by Shout mental health support: https://www.youtube.com/watch?v=eZBa63NZbbE. |
| FREE MENTAL HEALTH APPS |
| * Stay Alive: pocket suicide prevention resources with information to help you stay safe.
* WellMind: Free NHS mental health app to help you deal with stress, anxiety , depression w tips and tools to improve mental health.
 | * Fives Ways to wellbeing: offers practical ways to help feel good and function well.
* Thrive: NHS-recommended mental wellbeing platform to help you manage stress, anxiety, and low mood.
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