**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.org  24/7: For everyone and anyone, whether you’re feeling suicidal or just need to talk.  Text or Phone: 116 123  Email jo@samaritans.org | **HOPELINE UK**  www.papyrus-uk.org  For children-under 35s  (or concerned parties) to help prevent suicide  Confidential support and advice service: 9am-12am every day  Phone: 0800 068 4141  Text: 07860 039967  Email: pat@papyryus-uk.org |
| **SHOUT**  www.giveusashout.org  For people feeling suicidal: Text support and online resources  Text 85258 24/7 | **CALM**  www.thecalmzone.net  For men who are down and need to talk or find information and support.  5PM – MIDNIGHT, 365 DAYS A YEAR:  Phone 0800 58 58 58  Webchat |
| **YOUNG MINDS**  www.youngminds.org.uk  For young people and their parents: advice and information on looking after mental health  Text YM to 85258 24/7  Mon-Fri 9.30am-4pm:  Parents Helpline – Tel 0808 802 5544  Parents Helpline Email/Webchat | **CHILDLINE**  www.childline.org.uk  For 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 BREATHING  It’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. |