



SUICIDE: RESOURCES & USEFUL CONTACTS



**CREATED BY MENTAL HEALTH IN
BUSINESS**

USEFUL CONTACTS & RESOURCES

Campaign Against Living Miserably (CALM)

0800 58 58 58

thecalmzone.net

Provides listening services, information and support for anyone who needs to talk, including a web chat.

Gender Identity Research & Education Society (GIRES)

gires.org.uk

Works to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender.

Maytree Suicide Respite Centre

020 7263 7070

maytree.org.uk

Offers free respite stays for people in suicidal crisis.

The Mix

0808 808 4994

85258 (crisis messenger service, text THEMIX)

themix.org.uk

Support and advice for under 25s, including a helpline, crisis messenger service and webchat.



USEFUL CONTACTS & RESOURCES

Mood Diaries

medhelp.org/land/mood-tracker

moodscope.com

moodchart.org

moodpanda.com

Some examples of mood diaries – many more are available.

National Suicide Prevention Helpline UK

0800 689 5652

www.spbristol.org/NSPHUK

Helpline offering a supportive listening service to anyone with thoughts of suicide, available 24/7.

NHS 111 (England)

111

111.nhs.uk

Non-emergency medical help and advice for people in England.

NHS 111 (Wales)

111

111.wales.nhs.uk

Non-emergency medical help and advice for people living in Wales.



USEFUL CONTACTS & RESOURCES

Papyrus HOPELINEUK

0800 068 41 41

07860039967 (text)

pat@papyrus-uk.org

papyrus-uk.org

Confidential support for under-35s at risk of suicide and others who are concerned about them. Open daily from 9am–midnight.

Sane

sane.org.uk

Offers emotional support and information for anyone affected by mental health problems.

Samaritans

116 123 (freephone)

jo@samaritans.org

Freepost SAMARITANS LETTERS

samaritans.org

Samaritans are open 24/7 for anyone who needs to talk. You can visit some Samaritans branches in person. Samaritans also have a Welsh Language Line on 0808 164 0123 (7pm–11pm every day)



USEFUL CONTACTS & RESOURCES

Shout

85258 (text SHOUT)

giveusashout.org

Confidential 24/7 text service offering support if you are in crisis and need immediate help.

Stay Alive

prevent-suicide.org.uk

App with help and resources for people who feel suicidal or are supporting someone else.

Students Against Depression

studentsagainstd Depression.org

Information and support for students experiencing suicidal feelings, including a helpful safety plan template.

Survivors of Bereavement by Suicide (SOBS)

uk-sobs.org.uk

Emotional and practical support and local groups for anyone bereaved or affected by suicide.



USEFUL CONTACTS & RESOURCES

Switchboard

0300 330 0630

switchboard.lgbt

Listening services, information and support for lesbian, gay, bisexual and transgender communities.

Togetherall

togetherall.com

Online mental health community (formerly called Big White Wall). Free in some areas through your GP, employer or university.

HOW WE CAN HELP

It is vitally important to create the conditions within every organisation and workplace, where people feel safe to talk about how they feel and to ask for help when they need it.

To find out how we can help you to raise awareness on mental health, to increase mental health literacy and to create a psychologically safe and healthy workplace, please contact us at: info@mhib.co.uk

