



What you can do to help someone who is feeling suicidal

Mental and emotional distress is everyone's business and we can all help to make a difference

Here's how you can help...

- Stay Calm
- Listen to what they have to say
- Take them seriously
- Check out their intention / do they have a plan?
- Don't keep serious concerns to yourself
- Be around for the person for the next few days or weeks if you can
- Tell the person where they can go for help
 - For immediate attention call ☎ 999
 - For non-urgent medical help call ☎ 111 or GP

Helplines for Children and Young People

Call ChildLine: ☎ 0800 1111
Young Minds parents helpline: ☎ 08088025544
Samaritans: ☎ 116 123

Helplines for Adults

Samaritans: ☎ 116 123 (24 hour)
Focus Line: ☎ 0800 027 2127
(Open 5pm – 9am Monday – Friday and all weekends and bank Holidays for 24 hours)
NHS: ☎ 111