

# CRISIS & SUPPORT RESOURCES

**IF YOU ARE THINKING ABOUT ACTING ON SUICIDAL THOUGHTS OR FEELINGS OR YOU ARE THINKING OF HARMING OTHERS:**

**CALL 999 AND ASK FOR AN EMERGENCY SERVICE.**

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## **MIND HELPLINE - 0300 123 3393**

THEIR INFOLINE PROVIDES AN INFORMATION AND SIGNPOSTING SERVICE. THEY'RE OPEN 9AM TO 6PM, MONDAY TO FRIDAY (EXCEPT BANK HOLIDAYS).

ASK THEM ABOUT MENTAL HEALTH PROBLEMS, WHERE TO GET HELP NEAR YOU, TREATMENT OPTIONS AND ADVOCACY SERVICES.

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## **STAY ALIVE APP**

THE STAY ALIVE APP IS A POCKET SUICIDE PREVENTION RESOURCE FOR THE UK, PACKED FULL OF USEFUL INFORMATION TO HELP YOU STAY SAFE. YOU CAN USE IT IF YOU ARE HAVING THOUGHTS OF SUICIDE OR IF YOU ARE CONCERNED ABOUT SOMEONE ELSE WHO MAY BE CONSIDERING SUICIDE.

IN ADDITION TO THE RESOURCES, THE APP INCLUDES A SAFETY PLAN, CUSTOMISABLE REASONS FOR LIVING AND A LIFE BOX WHERE YOU CAN STORE PHOTOS THAT ARE IMPORTANT TO YOU.

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## **SILVER CLOUD APP (16+)**

SILVERCLOUD IS AN ONLINE COURSE TO HELP YOU MANAGE STRESS, ANXIETY AND DEPRESSION. YOU WORK THROUGH A SERIES OF TOPICS SELECTED BY A THERAPIST TO ADDRESS SPECIFIC NEEDS. THE EIGHT-WEEK COURSE IS DESIGNED TO BE COMPLETED IN YOUR OWN TIME AND AT YOUR OWN PACE.

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## **SHOUT TEXT SERVICE - 85258**

SHOUT 85258 IS A FREE, CONFIDENTIAL, 24/7 TEXT MESSAGING SUPPORT SERVICE FOR ANYONE STRUGGLING TO COPE.

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## **SAMARITANS CRISIS LINE - 116 123**

THE SAMARITANS OFFER A SAFE AND FREE PLACE FOR YOU TO TALK ANY TIME, IN YOUR OWN WAY - ABOUT WHATEVER IS GETTING TO YOU. AVAILABLE 24/7.

THEY WON'T JUDGE YOU OR TELL YOU WHAT TO DO, THEY'LL LISTEN TO YOU.

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## **HEADSPACE**

HEADSPACE HAS ONE MISSION: TO IMPROVE THE HEALTH AND HAPPINESS OF THE WORLD. MEDITATION AND MINDFULNESS FOR ANY MIND, ANY MOOD, ANY GOAL.

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## **CALM HELPLINE - 0800 58 58 58**

THE CALM HELPLINE IS OPEN 5PM UNTIL MIDNIGHT EVERY DAY OF THE YEAR. THEIR HELPLINE IS FOR PEOPLE IN THE UK WHO ARE FEELING DOWN FOR ANY REASON AND NEED TO TALK OR FIND INFORMATION AND SUPPORT.