

Useful Contacts

Samaritans

The Samaritans give people confidential emotional support. In some areas they have local branches where you can go for support.

Telephone: 116 123 (UK) (24 hours)

Address: PO Box RSRB-KKBY-CYJK, P.O. Box 90 90, Stirling FK8 2SA

Email: jo@samaritans.org

Website: www.samaritans.org

Saneline

This is a national helpline. They offer emotional support and information for people affected by mental health problems.

Telephone: 0300 304 7000 (4.30pm – 10.30pm daily)

Textline: available through their website

Website: www.sane.org.uk

CALM (The Campaign Against Living Miserably)

They raise awareness of suicide. Their helpline and webchat offers emotional support, advice and information to men and their families.

Telephone for outside London: 0800 58 58 58.

Telephone for inside London: 0808 802 5858.5pm – midnight, everyday.

Webchat: through the website 13

Website: www.thecalmzone.net

PAPYRUS (prevention of young suicide)

This is an organisation that aims to prevent suicide in young people. It can offer emotional support to people under 35 who are suicidal. They can also support people who are concerned about a young person who might be suicidal.

Telephone: 0800 068 4141. Open Monday to Friday 9am – 10pm. Weekends 2pm – 10pm

Text: 07786 209697

Email: pat@papyrus-uk.org

Website: www.papyrus-uk.org

The Mix

Aimed at people under 25. Their helpline is open between 4pm and 11pm, 7 days a week. They also run a crisis text service which is open 24 hours a day, 7 days a week.

Telephone: 0808 808 4994

E-mail: through the website.

Crisis text message service: Text **THEMIX** to 85258

Webchat: through the website. (4pm - 11pm, 7 days a week)

Website: www.themix.org.uk

Shout

If you're experiencing a personal crisis, are unable to cope and need support, text Shout to 85258. Shout can help with urgent issues such as suicidal thoughts, abuse or assault, self-harm, bullying and relationship challenges.

Text: Text Shout to 85258

Website: www.giveusashout.org/

Support Line

Support line offers confidential emotional support by telephone, email and post. They try to help people find positive ways to cope and feel better about themselves.

Telephone: 01708 765200. Hours vary, ring them for details

Address: SupportLine, PO Box 2860, Romford, Essex RM7 1JA

Email: info@supportline.org.uk

Website: www.supportline.org.uk

Maytree

Maytree is a national registered charity based in London. They provide a unique residential service for people in suicidal crisis so they can talk 14

about their suicidal thoughts and behaviour. They offer a free 4 night, 5 day one-off stay to adults over the age of 18 from across the UK. Their aim is to provide a safe, confidential, non-medical environment for their guests

Telephone: 020 7263 7070

Address: 72 Moray Road, Finsbury Park, London, N4 3LG

Email: maytree@maytree.org.uk

Website: www.maytree.org.uk/