

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