

## Suicide prevention resources

*If you are feeling suicidal or depressed, or know someone that you think is - then we urge you to read/share these resources.*

### Suicide Prevention Lines:

- Campaign Against Living Miserably (5pm-Midnight everyday) - [0800 585858](tel:0800585858)
- Papyrus (Free 24/7, for under 35s) - [0800 068 4141](tel:08000684141)
- Samaritans (Free 24/7) - [116 123](tel:116123)
- SHOUT (Free 24/7 Text Service) - [Text SHOUT to 85258](sms:85258)
- The Silver Line (Free 24/7, for ages 55+) - [0800 4 708090](tel:08004708090)

### Apps:

- [Hub of Hope](#)
- [Stay Alive](#)

### For anyone bereaved by suicide:

[Survivors of Bereavement By Suicide](#) are a great organisation who support those bereaved by suicide, whether recent or many years ago. They have local groups and run online sessions:

- [Support available for survivors](#)
- [Extra support](#)
- [Facing the future](#)
- [Support after someone may have died from suicide](#)

### Further resources:

- [Here is another toolkit](#) in association with Public England Health & Supported by Samaritans.
- For mental health training, reach out to [Sally Desborough](#).