

SANEline

This is a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness – including family, friends and carers. **Phone** 0300 304 7000, open 4pm to 10pm, every day. **Web** www.sane.org.uk

The Silver Line

A free, confidential helpline providing information, friendship, and advice, to people aged 55 and over. **Phone** 0800 470 80 90, open 24 hours a day, every day, **web** www.thesilverline.org.uk

The Stay Alive app

Stay Alive is a pocket suicide prevention resource that contains information and tools to help you stay safe in crisis. Download the app from your mobile app store, or visit **web** www.stayalive.app

Staying safe

The staying safe website provides resources to help you develop your own safety plan. **Web** www.stayingsafe.net

NHS

Visit the NHS website for information on the different types of mental health support available.

Web www.nhs.uk/nhs-services/mental-health-services/

Guy's Hospital
Harefield Hospital
Royal Brompton Hospital
St Thomas' Hospital

Keeping safe: managing suicidal thoughts

This leaflet is about managing suicidal thoughts, and who to contact if you need help. If you have any questions, please speak to a doctor or nurse caring for you.

If you are feeling very distressed, or you are having thoughts about harming yourself or taking your own life, it is very important that you ask someone for help.

It may feel like the really distressing feelings will never go away, or you cannot be helped – but you are not alone, and people can help you.

Suicidal thoughts are probably more common than you think. Up to 1 in 2 people will have moderate to severe suicidal thoughts for at least 2 weeks at some point in their life. Most of these people will never act on these thoughts.

Many people who have had suicidal thoughts say that they were so overwhelmed with negative feelings and thoughts, that it was hard to see a solution. However, with support and treatment, they were able to allow the negative feelings to pass, and they did not act on their thoughts.

It is very important that you do not act on these thoughts or feelings in a way that you may regret later. There are people you can talk to who want to help.

Important

Call 999 or go to your nearest A&E if you:

- think someone's life is at risk, for example, they have seriously injured themselves, or taken an overdose
- do not feel you can keep yourself, or someone else, safe

A mental health emergency should be taken as seriously as a physical one. You will not be wasting anyone's time.

Other services available

You may find these services useful if you would like someone to talk to, or if you would like to find out more information.

CALM

CALM (Campaign Against Living Miserably) is a suicide-prevention charity, providing support to anyone who is affected by suicide or suicidal thoughts. You can call their helpline, or visit their website for an online live-chat or WhatsApp link to chat. **Phone** 0800 58 58 58, phone lines are open from 5pm to 12 midnight, every day.

Web www.thecalmzone.net

Childline

A free, confidential helpline for children and young people in the UK. This number will not show up on your phone bill. **Phone** 0800 1111, Open 24 hours a day, every day of the year. **Web** www.childline.org.uk

PAPYRUS

A voluntary organisation that supports teenagers and young adults who are feeling suicidal. This is **not** a 24-hour service. **Phone** 0800 068 41 41, or visit

web <https://papyrus-uk.org>

The Hub of Hope

You can search for services and support local to you on the Hub of Hope website. **Web** <https://hubofhope.co.uk>

Helping yourself when feeling distressed

In addition to seeking help, the following points are things for you to consider:

- **Think about why your life is worth living**

- **Imagine that someone you care about was feeling as low as you feel right now. What would you say to them?**

Remind yourself that, although it may not feel like it, these feelings and thoughts are temporary, and will pass with time.

Talking to someone about how you feel

Ring a friend

Call someone you feel you can trust and confide in.

Contact Samaritans

They are a trained group of people who you can talk to in complete confidence if you are feeling emotionally distressed or suicidal. They are not only for people who are suicidal, in fact they encourage people to ring before they get to that stage.

You can call their helpline, or email them. **Phone** 116 123 (calls are free, and phonelines are open 24 hours a day, any day of the week) **Email** jo@samaritans.org. Please note: it may take several days to receive a reply by email. To speak to someone now, call the helpline.

You can also speak to a Samaritan face-to-face. To find your local branch, and opening hours, visit **web** www.samaritans.org/branches

Text 'Shout' to 85358

Shout is a free, confidential 24/7 text messaging service for anyone in the UK who needs support. Text 'Shout' to 85358 to start a conversation.

Web <https://giveusashout.org>

Make an appointment with your GP

You can make an appointment with your GP if you need someone to talk to. They can also help you work out what kind of support you need and introduce you to the right mental health service.

Getting urgent help and support

Go to your nearest 24-hour emergency department (A&E)

If you, or someone else is in danger, and need help now, call 999 or go to your nearest emergency department (A&E). You will be provided with appropriate support and assessment by a dedicated team of trained healthcare professionals, 24 hours a day. Our hospital Trust's A&E is at St Thomas' Hospital, Westminster Bridge Road, London, SE1 7EH (near Waterloo Station).

Your nearest 24-hour A&E is based at:

To be completed by member of staff providing this leaflet

Get help from NHS 111 online or call 111

If you need urgent help for your mental health, you can call NHS 111, or get help from NHS 111 online.

Phone 111. You can call 24 hours a day, and can ask for a translator if you need one. For NHS 111 online, visit [web 111.nhs.uk](http://www.111.nhs.uk)

Contact or visit your GP

If you need urgent help and support, you can make an urgent appointment to see your GP. They can help you find the right support during a time of crisis. If your GP is closed, they might have an out-of-hours contact number. If you need urgent support now, phone 999 or visit your nearest A&E.

Call your local mental health crisis support line

All areas will have a 24-hour crisis line, available for patients and carers. Please look online, or ask your clinician.

Your local mental health crisis support line contact details are:

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Ring a family member or trusted friend

Call someone who you feel you can confide in, and who can help you get the support you need.