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