

SEE IT,

SAY IT,

SIGN POST

LOCAL SOURCES OF SUPPORT IF SOMEONE IS IN CRISIS OR HAS ATTEMPTED SUICIDE:

If it's an emergency, call **999** straight away and ask for an ambulance

Ring the **Mental Health Crisis Team** if you need urgent help, but it's not an emergency.

0300 365 0300 or **0300 365 9999**

If you need someone to talk to, you can also call:

Sane Line: support for people affected by mental illness.

Phone No: **0300 304 7000** (4.30pm to 10.30pm, daily)

Samaritans: Phone No: **116 123** (freephone, 24 hours every day)

Email: jo@samaritans.org

Website: www.samaritans.org

HOPELINEUK (PAPYRUS): Prevention of young suicide

Call: **0800 068 4141** Text: **07786209697**

Email: pat@papyrus-uk.org

OTHER SOURCES OF SUPPORT

Campaign Against Living Miserably (CALM) Providing support to men and campaigning against male suicide.

Phone No: **0800 585858** (free 5pm to midnight)

Website: **www.thecalmzone.net**

Cruse Bereavement Care: support to anyone affected by bereavement.

Phone No: **0808 808 1677**

(open Monday-Friday 9.30 to 5pm (not bank holidays).

Open until 8pm, every Tuesday, Wednesday and Thursday.

Website: **www.cruse.org.uk**

DrugFam: support for anyone affected by someone else's drug or alcohol use. (9am to 9pm, daily)

Phone No: **0300 888 3853**

Email: **office@drugfam.co.uk**

Website: **www.drugfam.co.uk**

IF SOMEONE IS BEREAVED SURVIVORS OF BEREAVEMENT BY SUICIDE

(SOBS): offers emotional support, help and information.

Find nearest local SOBS support group.

Phone No: **0300 111 5065** (9am to 9pm, Monday to Friday)

Website: **www.uksobs.org**

Contact: Hazel on **07545 897 781**

Email: **wokinghamsobs@gmail.com**

Support after Suicide Partnership

Website: **www.supportaftersuicide.org.uk/support-guides/help-is-at-hand/**

Suicide Prevention online training course will help you learn more about suicide prevention and what to do if you come across someone who is in distress and thinking of taking his or her own life -

www.zerosuicidealliance.com

Click **here** for a useful resource booklet

Zero
Suicide
Alliance | Because
ONE life lost
is **ONE** too many