

Helplines



PAPYRUS

Prevention of Young Suicide

PAPYRUS' HOPELINEUK is for young people (under 35 years old) who may be having thoughts of suicide and also for anyone who is worried about a young person who may be at risk of suicide. When young people ring, they don't have to give their name, or any personal details. All calls are confidential, but if an adviser is concerned about a young person's safety then PAPRYUS may contact emergency services to ensure the young person doesn't come to harm.

Ring: 0800 068 4141

Text: 07860 039967

www.papyrus-uk.org

Childline

Childline's free helpline offers confidential telephone counselling and advice to children and young people under 19 years old.

Ring: 0800 1111

www.childline.org.uk

Suicide can be prevented through open and courageous conversation



Grosvenor House,
Queensway, Winsford,
Cheshire CW7 1BH

Registered Charity No. 515595

T 01606 551246
www.slhospice.co.uk

Mental Health
Helplines & Support



St Luke's
CHESHIRE HOSPICE



Support



If you or someone else are finding it hard to cope, or feeling suicidal, you can contact various charities for support. This leaflet has support options for adults and children and young people.

Thinking about suicide?

1. Wait. Decide not to do anything right now to hurt yourself. You do not have to act on your thoughts of suicide. Your thoughts and feelings CAN change. Remember that what is going on for you now is temporary.
2. Talk to someone. It could be a friend, family member, or support service. There are people who can listen and help.
3. Spend some time thinking about what your reasons for living might be.

Worried about someone else?

1. Be honest. Tell the person why you're worried about them, and ask about suicide. It's OK to talk about suicide. This can be difficult but you will not increase the risk of someone acting upon their suicidal thoughts by talking about it.

Being clear and direct may be the first step towards getting them some help and support.

2. Listen. Just listening is one of the most helpful things you can do. Try not to judge or give advice.
3. Take care of yourself. Discuss your feelings with a friend or a support service.

Emergency

In an emergency, please phone 999 for an ambulance OR go to A&E. You can also call the mental health crisis team on 0800 145 6485 (free 24/7 helpline)

Local authority crisis numbers

Cheshire East: 0300 123 5010
Cheshire West & Chester (Vale Royal): 0300 123 7034

Helplines



Samaritans

Samaritans offers a safe place to talk, at any time, day or night. People don't have to be suicidal to get in touch with Samaritans. People can call (free), email, write or visit Samaritans face to face to talk about whatever they are going through.

Ring: 116 123

www.samaritans.org

The Silver Line

This is a free, confidential telephone service just for people over 55. They provide 24/7 friendship and support, especially to those experiencing feelings of loneliness and isolation.

Ring: 0800 470 8090

www.thesilverline.org.uk

CALM

Campaign against living miserably.

CALM offers free confidential telephone and webchat support to anyone, though a helpline and website. Support is available every day from 5pm to midnight.

Ring: 0800 585 858

www.thecalmzone.net

SHOUT

This UK charity provides 24/7 free, confidential text support to people in crisis. The types of issues people contact SHOUT about include assault, abuse, bullying, relationship challenges, self-harm and suicidal thoughts.

Text: "SHOUT" to 85258

