

Suicide Prevention Website Links

Healthier Lancashire & South Cumbria -

<https://www.healthierlsc.co.uk/mentalhealth/suicide-prevention-1>

Resources and videos and links to other services.

Recommends the following:

If you are in crisis and need help and support straight away you can:

- call the mental health crisis line on 0800 953 0110,
- contact the wellbeing helpline and texting services on 0800 915 4640 or by texting 'Hello' to 07860 022846 or,
- dial 999 if you have harmed yourself.

<https://www.healthierlsc.co.uk/suicide-1/worried-about-someone>

Find local services for support on the above link

Samaritans <https://www.samaritans.org/>

116 123 24/7 support

Advice for someone having a difficult time or if you're worried about someone else. Practical advice.

Lancashire County Council - <https://www.lancashire.gov.uk/health-and-social-care/suicide-prevention-and-mental-health-training/>

Suicide prevention and mental health training – lots of links to support

CALM - <https://www.thecalmzone.net/>

Campaign against living miserably. Helpline 0800 58 58 58 5pm–midnight, 365 days a year, webchat. Advice and resources on a wide range of specific topics

PAPYRUS – <https://www.papyrus-uk.org>

Under 35's only. Hopeline - confidential suicide prevention advice contact 0800 068 4141, 9am–midnight every day – also for people supporting a young person.

Other help and advice resources on the website.

Every Life Matters <https://www.every-life-matters.org.uk/>

Suicide prevention guides and other resources

Harmless - <https://harmless.org.uk/resource-hub/>

Not local support but has resources on self-harm and suicide on website

Alumina - <https://www.selfharm.co.uk/>

Self-refer for a free, online 7 week course for young people (aged 14-19) struggling with self-harm

See the bereaved by suicide guide for specialist bereavement support

