

National Suicide Resource List



Support Lines:

Samaritans

24-hour confidential telephone, email and text message service.

www.samaritans.org.uk

T: 116 123 (Freephone)

(calls to this number do not appear on phone bills)

NHS Choices

24-hour national helpline providing health advice and information

www.nhs.uk

T: 111 (free from landline and mobile)

Mind Infoline

Online fact sheet and legal advice. Helpline open Monday-Friday 9:00-17:00

www.mind.org.uk

T: 0300 123 3393

Text: 86463

Saneline

Out of hours' telephone helpline
Open every day of the year from 16:30-22:00

http://www.sane.org.uk/what_we_do/support/helpline

T: 0300 304 7000

Men:

C.A.L.M Helpline

National helpline for men open 5pm until midnight 365 days a year
Dedicated to preventing male suicide

<https://www.thecalmzone.net>

T: 0800 58 58 58

Young people:

HOPELineUK

Confidential young suicide prevention advice.

Opening hours: Monday-Friday: 10am-5pm
Weekends and Holidays 2pm-5pm

<https://www.papyrus-uk.org/help-advice/about-hopelineuk>

T: 0800 068 41 41

Students:

Nightline

Nightline provides a confidential listening and emotional support for students, run by students, at their university. Offers drop in 1-to-1 online listening service, email listening and telephone helplines.

<https://www.nightline.ac.uk>

LGBTQ:

London Lesbian and Gay Switchboard

This switchboard provides an information, support and referral service throughout the UK.

Helpline: 10am-11pm every day including bank holidays.

T: 0300 330 0630

Bereavement by Suicide:

Help Is At Hand

Excellent resource for people bereaved by suicide. Free PDF Download or contact

T: 0300 123 1002 to order your copy.

<http://supportaftersuicide.org.uk>

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Residential:

Maytree Sanctuary

A refuge for people in extreme suicidal distress and despair. Maytree offers short stay in a safe residential setting to help people get through a crisis.

<http://www.maytree.org.uk>
T: 020 7263 7070

International:

Big White Wall

24 hour staffed, online community of support for people in psychological distress.

<https://www.bigwhitewall.com>

International Association for Suicide Prevention

IASP is dedicated to preventing suicidal behaviour worldwide. They provide an online database of crisis centres in Africa, Asia, Europe, North America, Oceania and South America.

<https://www.iasp.info>

Befrienders Worldwide

Befrienders centres work to reduce suicide worldwide with 31,000 volunteers in almost 40 countries.

<http://www.befrienders.org>

Online Suicide Help

Wiki list of mental health services available online (live chat, email, forum, social media, telehealth, etc.)

<https://unsuicide.wikispaces.com/Online+Suicide+Help#.WZ7deq2ZO8>

Counselling Directory UK

Find a counsellor or therapist to help deal with suicidal thoughts.

<http://www.counselling-directory.org.uk/suicidal-thoughts.html>

RSCPP

Find a Therapist Service UK

<http://www.rscpp.co.uk>



Phone Applications:

Stay Alive

A suicide prevention pocket resource for the UK. Stay Alive offers help and support both to people with thoughts of suicide and to people concerned about someone else. The app can be personalised to tailor it to the user.

You can find it in the [Apple App Store](#) or [Android App on Google Play](#)

ASK & Prevent Suicide

Contains a detailed guide on how to ask if someone is feeling suicidal and discuss this with them (American).

You can find it in the [Apple App Store](#) or [Android App on Google Play](#)

Training and Development:

Common-Unity

<https://www.common-unity.org>
E: info@common-unity.org

Forward For Life

<https://forwardforlife.org>
E: info@forwardforlife.org
T: 07585776800
