



English	体中文 / Chinese (Simplified)
<p>Getting help with your suicidal thoughts</p> <p>Suicide</p> <p>If you're experiencing suicidal thoughts or thinking about killing yourself, it's important to know that you're not alone. There is practical support and advice available.</p>	<p>获得帮助消除您的自杀意念</p> <p>自杀</p> <p>如果您出现了自杀意念或考虑自杀，重要的是知道您并不孤单。我们会在这里为您提供实际的支持和建议。</p>
<p>Suicidal thoughts can happen to any of us, at any time. Often people start noticing these thoughts after a traumatic or stressful event in their life but sometimes there's no obvious trigger.</p> <p>Who you are, what you feel and what has happened or is happening in your life does not change the fact that there's help available. Whether you've just started to notice or have had similar</p>	<p>自杀意念可能随时发生在我们当中的任何人身上。通常人们在遭遇其生命中的创伤性或应激性事件后会开始注意到这些意念，但有时没有明显的诱因。</p> <p>您是谁、您感受到了什么和您的生命历程中发生过什么或正在发生什么都不会改变我们会在这里为您提供帮助的事实。无论您是刚刚开始注意到还是已经有了类似的意念很长一段时间，您都可以在今天让一切变得更好。</p>

<p>thoughts for a long time you can change things for the better, today.</p>	
<p>Call 999 or go to your nearest A&E now if:</p> <ul style="list-style-type: none">• someone's life is at immediate risk, for example by serious injury or overdose. <p>Find your nearest A&E</p>	<p>如果出现以下情况，请立刻拨打电话 999 或前往离您最近的医院 A&E（急诊室）：</p> <ul style="list-style-type: none">• 某人的生命面临直接风险，例如遭受严重损伤或用药过量。 <p>查找离您最近的 A&E（急诊室）</p>
<p>Coping right now</p> <ul style="list-style-type: none">• focus on getting through today• get yourself to a safe place, like a friend's house• be around other people• stay away from drugs and alcohol <p>If you're feeling overwhelmed or out of control you can try these practical tools from Mind. Find out what you can do to help yourself cope and how you can distract yourself.</p> <p>You can also read advice on how to cope with suicidal thoughts from Rethink Mental Illness.</p>	<p>立即应对</p> <ul style="list-style-type: none">• 专注于渡过今天的难关• 把自己带到一个安全的地方，如朋友的家里• 和别人在一起• 远离毒品和酒精 <p>如果您感觉难以承受或失控，您可以尝试这些来自 Mind 的实用工具。了解您可以做些什么来帮助自己应对和您如何转移自己的注意力。</p> <p>您还可以从 Rethink Mental Illness 中阅读有关如何应对自杀意念的建议。</p>

Phone a helpline

NHS 24

For everyone - open 24 hours.

Phone: [111](tel:111) and choose the mental health option

Samaritans

For everyone - open 24 hours.

Phone: [116 123](tel:116123)

Childline

For children and young people under 19 - open 24 hours.

Phone: [0800 1111](tel:08001111)

Breathing Space

For everyone - open Monday to Thursday 6pm to 2am and Friday 6pm to Monday 6am at weekends.

Phone: [0800 83 85 87](tel:0800838587)

Campaign Against Living Miserably (CALM)

For men - open 5pm to midnight every day

Phone: [0800 58 58 58](tel:0800585858)

拨打热线服务电话

NHS 24

面向所有人 - 24 小时开放。

电话: [111](tel:111) 并选择心理健康选项

Samaritans

面向所有人 - 24 小时开放。

电话: [116 123](tel:116123)

Childline

面向儿童和 19 岁以下的年轻人 - 24 小时开放。

电话: [0800 1111](tel:08001111)

Breathing Space

面向所有人 - 周一至周四下午6 点至凌晨 2 点和周末周五下午 6 点至周一早晨 6 点开放。

电话: [0800 83 85 87](tel:0800838587)

Campaign Against Living Miserably (CALM)

面向男性 - 每天下午 5 点至午夜开放

<p>Switchboard LGBT+</p> <p>For anyone who identifies as LGBT+ - open 10am to 10pm every day</p> <p>Phone: 0300 330 0630</p>	<p>电话: 0800 58 58 58</p> <p>Switchboard LGBT+</p> <p>面向任何被确定为 LGBT+ 的人 - 每天上午 10 点至晚上 10 点开放</p> <p>电话: 0300 330 0630</p>
<p>Message a webchat</p> <p>Samaritans</p> <p>For everyone - open 24 hours</p> <p>Webchat: samaritans.org/how-we-can-help/contact-samaritan/chat-online/</p> <p>Childline</p> <p>For children and young people under 19 - open 24 hours</p> <p>Webchat: childline.org.uk/get-support/1-2-1-counsellor-chat/</p> <p>Campaign Against Living Miserably (CALM)</p> <p>For men - open 5pm to midnight every day</p> <p>Webchat: thecalmzone.net/help/webchat/</p> <p>Switchboard LGBT+</p>	<p>发送网上聊天信息</p> <p>Samaritans</p> <p>面向所有人 - 24 小时开放</p> <p>网上聊天: samaritans.org/how-we-can-help/contact-samaritan/chat-online/</p> <p>Childline</p> <p>面向儿童和 19 岁以下的年轻人 - 24 小时开放</p> <p>网上聊天: childline.org.uk/get-support/1-2-1-counsellor-chat/</p> <p>Campaign Against Living Miserably (CALM)</p> <p>面向男性 - 每天下午 5 点至午夜开放</p>

<p>For anyone who identifies as LGBT+ - open 10am to 10pm every day</p> <p>Webchat: switchboard.lgbt</p>	<p>网上聊天：thecalmzone.net/help/webchat/</p> <p>Switchboard LGBT+</p> <p>面向任何被确定为 LGBT+ 的人 - 每天上午 10 点至晚上 10 点开放</p> <p>网上聊天：switchboard.lgbt</p>
<p>Message a text service</p> <p>Shout Crisis Text Line</p> <p>For anyone</p> <p>SMS: Text SHOUT to 85258</p> <p>YoungMinds Crisis Messenger</p> <p>For people under 19</p> <p>SMS: Text YM to 85258</p>	<p>发送文本服务信息</p> <p>Shout Crisis Text Line</p> <p>面向所有人</p> <p>SMS（手机短信服务）：发送文本 SHOUT 至 85258</p> <p>YoungMinds Crisis Messenger</p> <p>面向 19 岁以下的人士</p> <p>SMS（手机短信服务）：发送文本 YM 至 85258</p>
<p>Making a safety plan</p> <p>If you struggle with suicidal thoughts or are supporting someone else, it may help to make a safety plan to use if you need it.</p>	<p>制定安全计划</p> <p>如果您有自杀意念或正在支持他人，如果您需要的话，制定一个安全计划可能会有所帮助。</p>

The [Staying Safe website](#) provides information on how to make a safety plan, including video tutorials and online templates to guide you through the process.

You can also get information on [planning for a mental health crisis from Mind](#)

[Staying Safe 网站](#)提供如何制定安全计划相关的信息，包括视频教程和在线模板，以指导您完成整个过程。

您还可以获取有关[planning for a mental health crisis from Mind](#) 的信息