

Getting help with your suicidal thoughts

Suicide



Suicide is what we call it when a person kills themselves. If you are thinking about killing yourself, you need to know that you are not alone. You can get support and advice that will help.



Suicidal thoughts can happen to any of us, at any time. Often people start having these thoughts after a very upsetting or stressful event in their life but sometimes there is no obvious reason.



It does not matter who you are, what you feel or what has happened in your life. It does not matter how long you have been having these thoughts. Help is available for everyone. You can change things for the better today.



Call 999 or go to your nearest Accident & Emergency (A&E) unit now if you think someone's life is at immediate risk.

[Find your nearest A&E](#)

Coping right now



- 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



If you feel that everything is too much, or you are not in control you can follow these links and try some practical tools from Mind. Find out [what you can do to help yourself cope](#) and [how you can distract yourself](#).



You can also read advice on how to cope with suicidal thoughts from [Rethink Mental Illness](#).

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)



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

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)



Switchboard LGBT+

For anyone who identifies as LGBT+

- open 10am to 10pm every day

Phone: 0300 330 0630

Message a webchat

Samaritans

For everyone - open 24 hours

Webchat: [samaritans.org/how-we-can-help/contact-samaritan/chat-online/](https://www.samaritans.org/how-we-can-help/contact-samaritan/chat-online/)



Childline

For children and young people under 19 - open 24 hours

Webchat: [childline.org.uk/get-support/1-2-1-counsellor-chat/](https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/)

childline

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Campaign Against Living Miserably (CALM)

For men – open 5pm to midnight every day

Webchat: thecalmzone.net/help/webchat/



Switchboard LGBT+

For anyone who identifies as LGBT+

- open 10am to 10pm every day

Webchat: switchboard.lgbt

Message a text service



Shout Crisis Text Line

For anyone

SMS: Text SHOUT to 85258



YoungMinds crisis messenger

For people under 19

SMS: Text YM to 85258

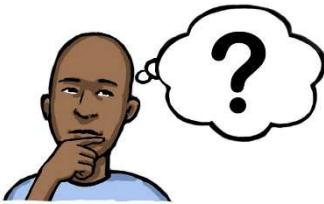
Making a safety plan



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.



The [Staying Safe website](#) has information to guide you through making a safety plan, including video tutorials and online templates.



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