

When suicide is on your mind stay connected, stay safe

When you are feeling desperate and unsafe, dial 999 or go to A&E and tell them how you are feeling

Keep yourself safe. If you have concerns about your mental wellbeing or are feeling suicidal you don't have to keep these feelings to yourself. It's ok to ask for help.

Talk to your family and friends

Agree with yourself and someone else that you won't act on your suicidal thoughts while help is being arranged.

If you feel unable to speak to someone you know, there are phone helplines you can contact

If you are having difficulties with your mental health and would like immediate advice and support from a local helpline 24/7 **Call: 0808 196 3494**

The Samaritans offer a listening ear 24/7 **Call: 116 123** www.samaritans.org

If you are unable to talk CALM offers online chat from 5pm to midnight www.thecalmzone.net/help/webchat or **Call: 0800 58 58 58**

If you are a young person, or know a young person who would like free, safe, anonymous online support go to www.kooth.com

If you are isolated and need some practical help contact Home But Not Alone **Call: 0800 876 6926**

For money or employment advice

www.moneyadvice.service.org.uk

www.nationaldebtline.org has a webchat or **Call: 0808 808 4000**

www.citizensadvice.org.uk Adviceline: **03444 111 444** Textphone: **18001 03444 111 445**

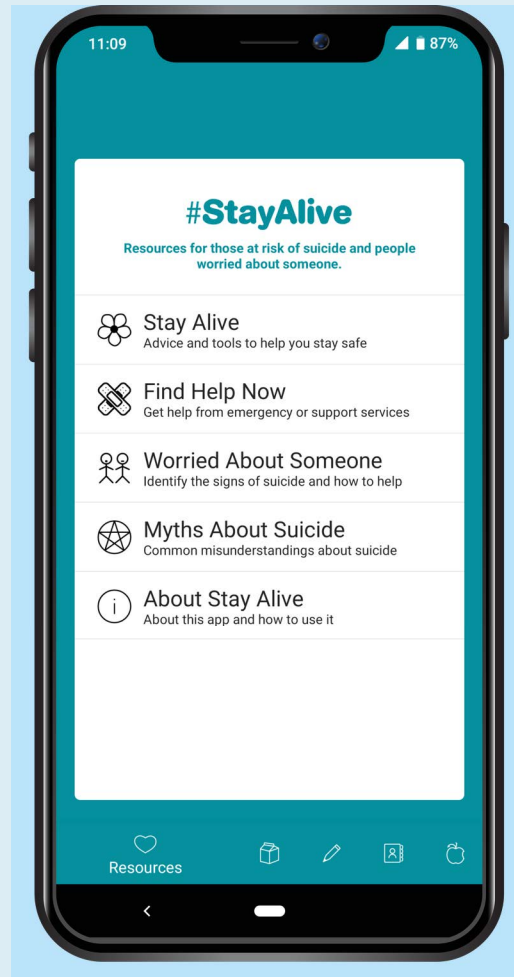
www.turn2us.org.uk to check what benefits you are entitled to or if you are eligible for a personal grant.

www.acas.org.uk for employment advice. **Call 0300 123 1100**

**Not everyone who thinks about suicide will tell someone
Know the warning signs. Search: Suffolk Lives Matter**

Thinking about suicide? Worried about someone?

STAYALIVE



**Download the award-winning #StayAlive app.
It's free and can help you and others stay safe from suicide.**



Crisis Support

Quick access to UK national and local crisis support



Staying Safe From Suicide

Steps to take when you are feeling suicidal, or you are concerned about someone else



Safety Plan

A mini-safety plan that can be filled out by anyone thinking about suicide



LifeBox

A place to store life-affirming photos



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"I have used Stay Alive with volunteers and service users across the UK and the feedback is consistently positive. People have used it when in crisis and say it is literally life-saving."

GRASSROOTS
preventing suicide together

