



Recognising when someone might be at risk of suicide

you may see, hear, feel or sense these



Support if you or someone you know is struggling



Stay Alive App
Essential suicide prevention for everyday life.
Thinking about suicide?
Worried about someone?
Download to smartphone or tablet
Available on Google play and the App Store

TALK TO US
If things are getting to you
Talk to us any time you like, in your own time, about whatever's getting to you.
116 123 FREE
24 hours a day
js@samaritans.org
samaritans.org

Text SHOUT to 85258
free, anonymous and off bill
www.guesushout.org

Call our Mental Health Crisis Helpline 24 hours a day, 365 days a year for mental health advice and support
0800 915 4644

More information at www.sabp.nhs.uk/help