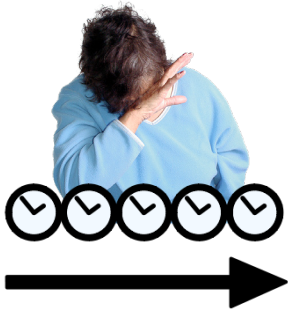


When suicide is on your mind: stay connected, stay safe



Depression is when you have a low mood that lasts a long time.



Sometimes when you are feeling low you may feel suicidal. This means you feel like you want to die.



It is important that you tell someone. You do not need to worry with your feelings alone.



Not everyone who thinks about suicide will tell someone.

Find out the warning signs.

Go to: www.healthysuffolk.org.uk/projects/suffolk-lives-matter

What to do if you feel suicidal?



If you have concerns about your thoughts and feelings or are feeling suicidal it's really important to tell someone.



It's OK to ask for help.



Talk to your family and friends.



Agree with yourself and someone else that when you feel suicidal you won't hurt yourself while help is being arranged.



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

Where to go for help?

NHS
Norfolk and Suffolk
NHS Foundation Trust



If you are having difficulties with your thoughts and feelings, and would like immediate advice and support from the First Response helpline:



Call: 0808 196 3494
Available 24 hours a day, 7 days a week.



Whatever you're going through, there is someone at the Samaritans who will listen to you.



Call: 116 123
Available 24 hours a day, 7 days a week.



www.samaritans.org

Where to go for help?



The Campaign Against Living Miserably (CALM) offers a free helpline and online chat. Available 5pm to 12am, 7 days a week.



0800 58 58 58



www.thecalmzone.net/help/webchat



If you are a young person, or know a young person who would like free, safe, 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
Available 9am to 5pm, 7 days a week.

Where to go for help?



LIFELINK
Linking Lives Together

LifeLink

Connects people to social activities, clubs, groups and local services that are on offer in their local community.



www.westsuffolk.gov.uk/community/lifelink



111 Option 2

If you are unwell in your mind, dial the NHS urgent medical advice number.



Call: 111 then press 2

Available 24 hours a day, 7 days a week.



If you think you may seriously hurt yourself, **dial 999** or go to A&E and tell them how you are feeling.

Where to ask for advice on money and employment?



Money Advice Service

www.moneyadviceservice.org.uk



National debtline

Webchat: www.nationaldebtline.org

Call: 0808 808 4000



Citizens Advice

www.citizensadvice.org.uk

Call: 03444 111 444

Textphone: 18001 03444 111 445



Turn 2 Us

www.turn2us.org.uk

Check what benefits you are entitled to or if you are eligible for a personal grant.

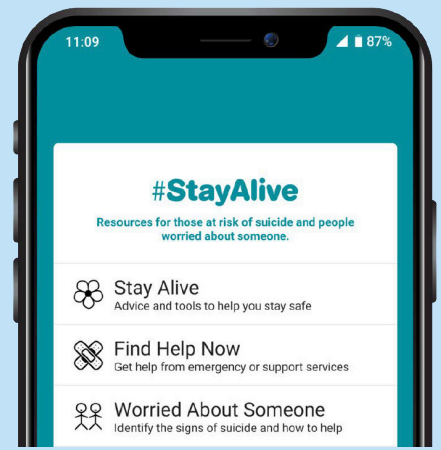


The Advisory, Conciliation and Arbitration Service

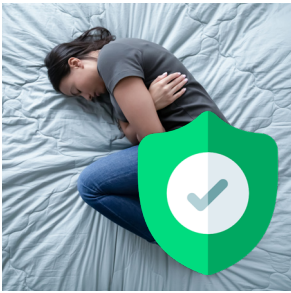
www.acas.org.uk

Employment Advice

Stay Alive App



Download the free award-winning #StayAlive app.



It can help you and others stay safe from suicide.



"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"

How the **Stay Alive** app can help you?



Crisis Support

Quick access to support when you need it most.



Safety Plan

A plan that can be filled out by anyone thinking about suicide.



Staying Safe From Suicide

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



LifeBox

A place to store photos which make you feel positive about life.



Funded and supported by:
Ipswich and East Suffolk CCG
West Suffolk CGG
Norfolk and Suffolk NHS
Foundation Trust

