







SUICIDE



SUPPORT SOURCE	DESCRIPTION
 <p>Papyrus – Tel: 0800 068 4141. Online - Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org)</p> <p>Papyrus confidential helpline: Hopelineuk Tel: 0800 068 4141 Online: About HOPELINE247 Papyrus UK Suicide Prevention Charity (papyrus-uk.org)</p> 	<p>Papyrus work centres around three key principles: Support, Equip and Influence.</p> <p>Support – they provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through the helpline, HOPELINEUK.</p> <p>Equip – working with local councils, healthcare and school staff to deliver training programmes.</p> <p>Influence – contribute to national and regional suicide prevention strategies.</p>
 <p>Samaritans - Samaritans Every life lost to suicide is a tragedy Here to listen</p> <p>Call: 116 123 telephone support is available 24/7</p>	<p>Samaritans support anyone who is going through a difficult time and are used to talking to callers about suicide. They listen without judgement or pressure.</p>
 <p>Self-Help Samaritans</p>	<p>Samaritans have developed a self-help app to keep track of feelings and get recommendations for things to help a person cope, feel better and stay safe in a crisis.</p>
 <p>Suicidal Feelings Help is Available YoungMinds</p> <p>Parents Mental Health Support Advice for Your Child YoungMinds</p>	<p>Young Minds have a guide for young people covering what suicidal feelings are, the causes and warning signs, what to do, how to support a friend, and where to find help. They have information and contact details for: YoungMinds Textline, Samaritans and Childline.</p>
 <p>Help for suicidal thoughts - NHS (www.nhs.uk)</p>	<p>NHS website has a range of links to organisations that can help and support people with suicidal ideation.</p>