

## Useful links

If you are struggling to cope, need support now, or would rather find specialist information the following organisations are there to help you.

If your life is at imminent risk, please call 999 for immediate help.

### **NHS Choices**

**<https://www.nhs.uk/conditions/suicide/>**

Help for Suicidal Thoughts

Comprehensive help and information from NHS Choices with links to external websites.

### **Worcestershire NHS helpline**

**01905 681 915 (24 hrs a day 365 days a year).**

### **Samaritans**

Telephone 116 123

[jo@samaritans.org](mailto:jo@samaritans.org)

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

### **Shout**

Day or night. Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.

<https://giveusashout.org/>

## **Calm helpline** - For men

0800 58 58 58

Webchat OPEN 5PM – MIDNIGHT, 365 DAYS A YEAR

## **Mind**

<https://www.mind.org.uk/information-support/helplines/>

The get help now button. If you need someone to talk to, or you are feeling suicidal, have seriously harmed yourself, are not safe or need emergency medical help, there is a get help now button ( it is yellow and at the top of the page).

If you don't want to call and talk to someone there are other ways to get in touch on the webpage.

Infoline: [0300 123 3393](tel:03001233393)

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Text:** [86463](tel:86463)

## **Grassroots**

Preventing suicide.

<https://www.prevent-suicide.org.uk/find-help-now/>

## **Turn2me.**

Peer support for adults with depression

<https://turn2me.ie/>