

Guidance and confidential support for  
suicide concern



Shropshire and Telford Suicide  
Prevention Network



# Are you thinking about suicide?

## Suggestions to consider

### Talk to someone

It could be a friend or family, or a confidential and non-judgemental support service from within this leaflet

### Wait

Your thoughts and feelings CAN change

### If you feel

You are in immediate danger, contact emergency services on 999

If you feel you are in immediate danger contact emergency services on 999



# Worried about someone else?

## Be alert

Not everyone who thinks about suicide will tell someone, but there may be warning signs.

## Be Honest

Tell the person why you're worried about them, and ask about suicide

## Listen

Just listening is one of the most helpful things you can do. Try not to judge or give advice.

## Get them some help

The support contacts in the leaflet can help guide you

## Take care of yourself

You may find it helpful to discuss your feelings with another friend or a confidential service

If the person is in immediate danger contact 999



# Whatever you're facing

## We're here to listen

[samaritans.org](http://samaritans.org)

We offer a safe place for you to talk to anyone you like,  
in your own way - about whatever's getting to you.

A registered charity

Call free day or night on

# 116 123

Email

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

**SAMARITANS**

# Confidential listening and local support for everyone



 07434 869248

We promote and support better mental health in Telford and Wrekin



 01743 368 647

We provide a wide range of support and services for the one in four people and their families affected by mental or emotional distress

**shout**  
for support in a crisis

 Text 85258

A free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.



# Confidential support for all ages



**Midlands Partnership**  
NHS Foundation Trust  
*A Keele University Teaching Trust*

**24/7 NHS Urgent Mental Health Helpline**

**FREEPHONE**

 **0808 196 4501**

**For people of all ages**

**You can call for:**

- 24-hour advice and support for you, your child, your parent or someone you care for
- Help speaking to a mental health professional
- An assessment to find the right care for you



Confidential support  
dedicated for children and  
young adults



[www.kooth.com](http://www.kooth.com)

Free, safe and anonymous online support  
for young people



Drop in centres in Shropshire and Telford  
and Wrekin For location and opening times visit  
[www.childrenssociety.org.uk/beam/shropshire](http://www.childrenssociety.org.uk/beam/shropshire)



Call Hopeline **UK 0800 068 4141**

For Children and young people under the age  
of 35 who are experiencing thoughts of suicide

AND

For anyone concerned that a young person could  
be thinking about suicide



Guidance and confidential support for  
suicide concern

Support is non  
judgemental  
and you will be  
listened to.

Shropshire and Telford Suicide  
Prevention Network



Shropshire  
Council



Telford & Wrekin  
COUNCIL

