

Helplines

Samaritans

24 Hour Confidential helpline
Telephone: 116 123
Web: www.samaritans.org

Papyrus

Helpline to prevent suicide in young people
Telephone: 0800 068 4141
Web: www.papyrus-uk.org

CALM (Campaign Against Living Miserably)

A charity dedicated to preventing male suicides
Telephone: 0800 585858 (5pm – Midnight)
Web: www.thecalmzone.net

HPFT Single Point of Access (SPA)

Directs all Hertfordshire Referrals to mental health services.
Tel: 0800 6444 101 Opening hours: 8am-7pm
Or NHS 111 option 2
Web: www.hpft.nhs.uk/get-help

Combat Stress

Professionals available 24/7, providing confidential advice and support for veterans and serving personnel.
Tel: 0800 138 1619 Opening hours: 24/7
Web: www.combatstress.org.uk

Shout

A text messaging service for those struggling to cope. Text SHOUT to 85258

Mind in Mid Herts

A local mental health charity, with a positive and holistic approach to promoting mental wellbeing.
Telephone: 03303 208100
Web: www.mindinmidherts.org.uk
Email: admin@mindinmidherts.org.uk

Herts Mind Network

A local mental health charity that creates opportunities for individuals to make choices, find their own solutions, build resilience and manage their whole life and wellbeing.
Telephone: 02037 273600
Web: www.hertsmindnetwork.org

Hertfordshire NightLight Crisis Helpline

A service for people in Hertfordshire who are feeling distressed or experiencing a crisis.
Tel: 01923 256 391 Opening hours: 7pm-1am, 7 days a week, 365 days a year.
Web: www.hertsmindnetwork.org/services-for-adults/crisis-support/

Download #StayAlive Suicide Prevention App

#StayAlive App has essential suicide prevention features for use in everyday life.



@SpotSignSuicide



@SpotSignsSuicide

Updated February 2023
www.hpft.nhs.uk

NHS



**SPOT THE SIGNS
& SAVE A LIFE**

SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE



Coping with suicidal thoughts

In partnership with:

Hertfordshire Partnership University NHS Foundation Trust East and North Hertfordshire Clinical Commissioning Group Hertfordshire & West Essex Integrated Care System

 **mind**
Hertfordshire
Network

HWE
ICE

 **mind**
in Mid Herts

1 in 5 people will have thoughts of suicide at some point in their lives

You are not alone

It is important to know that you are not alone and that having suicidal thoughts and feelings is nothing to be ashamed of.

Don't be afraid to talk to someone about your feelings. There are many people and organisations that care and who are able to help you through this difficult time.

“Why me?”

People from all walks of life can have suicidal thoughts and there are many reasons why someone can feel this way. Suicidal thoughts can happen very suddenly or sometimes a number of things can build up over time and make us feel overwhelmed.

If you need urgent help...

If you are worried about suicidal thoughts and are feeling stressed, fearful and unable to cope, here are some things you can do to get help and stay safe:

- Make an urgent appointment with your GP
- Call NHS 111
- Contact Samaritans on 116 123
- Contact the HPFT Single Point of Access on 0300 777 0707 between 08:00 and 19:00 hours

For life threatening situations:

- Call 999
- Call or go to your nearest Accident and Emergency department

**To learn more about suicide prevention please visit:
www.hpft.nhs.uk/spot-the-signs**

“I do not want to worry my friends and family”

Your family and friends would want you to ask for help. Talking to others about how you are feeling is often the first step to feeling better.

“I am not comfortable talking to my family and friends”

If you don't feel able to confide in someone close to you, try calling one of the helpline numbers in this leaflet. They all have highly trained professional staff that will provide confidential help for people who are feeling suicidal, and have spoken to thousands of individuals who are going through difficult times. Asking for help is one of the most important things you can do to stay safe.

“How do I start to tell someone how I feel?”

Please visit www.time-to-change.org.uk for some helpful tips on how to start a conversation about your thoughts and feelings.

“Can I get through this?”

Yes, you can get through this and recover. There are people who can help you and things that you can do to stay safe during this difficult time. Many people experience suicidal thoughts and feelings and help is available. It is really important to talk to someone and explain how you are feeling. Telling someone is the first step to staying safe.