

Suicide Prevention Resources and Supports



Creating Hope Together

Suicide Prevention is everyone's business. This resource is for anyone who is able to help those with thoughts of suicide who wish to increase their knowledge and understanding of suicide prevention.



The information is targeted at the Informed and Skilled levels as set out in the **Mental Health Improvement and Suicide Prevention Framework**. It brings together a range of suicide prevention information for staff relating to:

- Learning
- Helplines
- Keeping Safe
- Resources

Learning

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The **NHS Greater Glasgow and Clyde Mental Health Improvement , Self-harm and Suicide Prevention Training Pathway** is a tool to encourage the public health workforce to progressively build their knowledge and skills relevant to their role and responsibilities in the area of mental health. The resource is not a training calendar but rather a reference and guidance document to help individuals, teams and organisations explore potential training opportunities that are available, and whilst not exhaustive it can support navigation through the relevant and appropriate levels according to roles.



Core psychological interventions for suicide prevention:
THESE MODULES aim to provide learners with the knowledge and resources to empower and enable them to respond compassionately to people who are suicidal. These resources aim to augment the learning resources found in the Mental health improvement, and prevention of self-harm and suicide framework.
Learners must be registered on TURAS Learn to access. Anyone with an email address, no matter what their location or role is, can register with TURAS free of charge.



Helplines

Breathing Space: A free helpline for individuals experiencing symptoms of low mood, depression, or anxiety, and offers free and confidential advice for individuals over the age of 16. They can be contacted on **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.

Childline: For children and young people, for whenever they need support or advice. It is open 24/7, and there are many ways to get support. You can call **0800 1111**. Other ways are set out on their website: **www.childline.org.uk**

NHS24 Mental Health Hub: Telephone advice and support on healthcare can be obtained from NHS24 by phoning **111**; the Mental Health Hub is open 24/7.

SHOUT: A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text **SHOUT to 85258**.

Calm (Campaign Against Living Miserably): provide free phone and WebChat support 5pm - Midnight daily: Call free **0800 58 58 58**. To access Whatsapp or WebChat support visit **<https://www.thecalmzone.net/suicide-prevention-helpline>**

The Pandal Foundation Helpline: open Monday to Sunday 9am – 8pm, to parents and their networks who need support with Perinatal Mental Illness. Call free **0808 1961 776**.

Samaritans: Provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact Samaritans free by phoning **116 123** or via email on **jo@samaritans.org**

PAPYRUS HOPELINE UK: free helpline for children and young people under age 35 who are experiencing thoughts of suicide and for anyone concerned that a young person could be thinking of suicide. Call **0800 068 41 41** or Text: **07860039967**. Open weekdays, 9am -10pm, weekends and bank holidays 2pm– 10pm.

Keeping Safe

REMEMBER if you are concerned about an individual’s mental health and wellbeing and feel they may be in distress, their doctor should be the first point of contact or contact **NHS 24** on **111**. If you feel the individual is in immediate danger please call **999**.

Click on images and hyperlinks to download information

Healthy Minds Pocket Guide: details a mental health support in each of the 6 HSCP's, helpful tips for looking after your mental health and wellbeing. Order free from [Public Health Resource Directory](#).



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- A graphic with a purple background. At the top, the title "A Manual For Me" is written in white, with "A Manual" on one line and "For Me" on the next. Below the title, the subtitle "Surviving and thriving as an LGBTQ+ person" is written in a smaller white font. In the center, there is an illustration of a man in a blue shirt and grey pants holding a white document, and a woman in a wheelchair wearing a yellow hat and a blue jacket.



Cruse Scotland
Bereavement Support



TALK TO US
If things are getting to you

116 123 **FREE**

This number is **FREE** to call round the clock

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