

## If you need help now

If life feels overwhelming and you're thinking suicide might be a way to end your difficulties, here are some things you can do to get through this moment and to keep safe.

### Contact:

- Samaritans: call 116 123 at any time, or visit [www.samaritans.org](http://www.samaritans.org)
- Childline: (for anyone under 19): call 0800 1111 (free), or visit [www.childline.org.uk](http://www.childline.org.uk)
- NHS 111 (NHS Urgent and emergency care): call 111 for a free 24-hour NHS helpline
- C.A.L.L. (If you live in Wales): call 0800 132 737 at any time or text word 'help' to 81066 <http://callhelpline.org.uk/>
- Papyrus (for people under 35 and those supporting them): call Papyrus HOPEline on 0800 068 4141 (Monday to Friday between 10am and 10pm, Saturday to Sunday between 2pm and 10pm, Bank Holidays between 2pm and 5pm); or text on 07786 209 697
- CALM (support for men): Call [0800 58 58 58](http://0800585858) (5pm–midnight every day), or use their webchat service
- Your G.P.

### Visit:

the Staying safe website at <http://stayingssafe.net/home>

## Make a safety plan

As soon as you can. You can do this yourself or together with someone who can help you keep to the plan.

A safety plan will help you think about getting through right now, how to make your situation safer, things to lift or calm your mood, things to distract you, people to support you, who you can talk to when you're distressed or thinking about suicide, and where you can immediate professional support.

Here's a video with a step-by-step guide on how to make one:

[http://stayingssafe.net/how\\_to\\_make\\_a\\_safety\\_plan](http://stayingssafe.net/how_to_make_a_safety_plan)

You can download a ready-to-fill-in plan here:

<http://stayingssafe.net/sites/default/files/BlankSafetyPlan.pdf>