Suicide Prevention

It is important to talk!

Here are a few things you can do when thoughts of suicide feel overwhelming.

- If you or someone you know is in immediate danger call 999.
- Speak to a friend, family member or someone you trust.
- Call the Samaritans, available 24 hours a day, 365 days a year. Tel: 116 123
- Make an urgent appointment to see your GP.
- Contact NHS 111, select option 2.
- Call the 24/7 Mental Health Crisis Line for all ages – 0800 953 0285
- If you feel you can't keep yourself safe, go to your nearest accident and emergency (A&E) department and tell the staff how you are feeling.

Suicide Prevention Helplines and Apps

HOPELINE247

HOPELINE247 provides confidential support and practical advice to young people (aged up to35) or those concerned a young person is having thoughts of suicide. Open 24 hours a day, 365 days a year.

- Call: 0800 068 4141
- Text: 07860029967
- Email: pat@papyrus-uk.org

Shout

Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.

Our trained volunteers are here to listen at any time of day or night, and messages won't appear on your phone bill.

- To start a conversation, text the word 'SHOUT' to 85258.

Kooth

Kooth is free, Safe & Anonymous Support. The online BACP accredited mental wellbeing community for those aged 10 to 25.

Qwell

Qwell is free digital mental wellbeing support for adults across the UK.

They offer a range of support, tailored to suit the individual – from professional support to peer to peer forums to personal development tools.

You're not alone. Find the support you need, where and when you need it.

Samaritans

Samaritans run a number of award winning campaigns, including:

- Real People, Real Stories
- Small Talk Saves Lives.

Shining a light on suicide

Shinning a light on suicide is commissioned by Greater Manchester Health and Social Care Partnership. The campaign has been created to prevent suicide and aims to take the subject out of the dark by encouraging everyone in Greater Manchester to talk openly about suicide, suicidal thoughts and suicide bereavement.

Here in Wigan, we work closely with our partners to promote the Shining A Light on Suicide campaign to encourage everyone to talk about suicide in an honest, open, and direct way so no one sees suicide as a solution to their problems.

Help and Support

- If someone is in immediate danger call the Police on 999.
- To make a safeguarding referral visit: Report abuse/neglect of a vulnerable adult or contact the Community Adult Front Door on 01942 828777.