

Further support

Thoughts of ending your own life

If you are experiencing thoughts relating to suicide or self-harm, please seek help from your GP, Mental Health Team, or qualified physician. If you feel that you are in immediate danger, please phone the emergency services (i.e. if in the UK, ring 999). If outside the UK, please contact the emergency services in the country that you are in.

Please also consider contacting the organisations listed below:

- In the **UK and Republic of Ireland** you may contact Samaritans for free, confidential support to anyone in crisis (24 hour service) on 116 123 or jo@samaritans.org. www.samaritans.org
- If you are **aged under 35, in the UK** and having thoughts of suicide you may contact Papyrus (<https://www.papyrus-uk.org/>), a confidential support and advice service by telephone 0800 068 4141, by text 07786209697 or email: pat@papyrus-uk.org (please note this service is open 10am-10pm weekdays, 2pm-10pm weekends and 2pm-5pm on bank holidays)
- In **Canada** you may visit <http://suicideprevention.ca/thinking-about-suicide/find-a-crisis-centre/> to find a local 24/7 crisis centre.
- In the **USA** you may contact National Suicide Prevention Lifeline on 1-800-273-8255 or www.suicidepreventionlifeline.org
- In **Australia** you may contact Lifeline on 13 11 14 or www.lifeline.org.au
- For a list of contact details for relevant services throughout **Europe, Asia, Africa, North America, South America, and Oceania**, visit the International Association for Suicide Prevention: http://www.iasp.info/resources/Crisis_Centres
- For a list of websites which provide relevant **services in different languages**, please visit Befrienders: <http://www.befrienders.org/>

For help and advice for individuals and their families affected by self-harm and suicide:

- **Harmless** provide information and support to people who self-harm as well as those supporting them: <http://www.harmless.org.uk/>
- **Mind** provide information about self-harm and mental health and offer advice on accessing treatment. Services are also available for people with hearing and speech difficulties, and an interpreting service using Language Line is provided: <http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm/#.V679bo-cGP8>
- **Papyrus** provide confidential advice and support to young people and anyone worried about a young person: <https://www.papyrus-uk.org/>

For help regarding possible undiagnosed medical/mental health conditions:

If you think that you might have a medical/mental health condition and would like to be assessed further, please contact your GP.