

**Guidance and confidential support for
suicide concern**



**Shropshire and Telford Suicide
Prevention Network**



Are you thinking about suicide?

Suggestions to consider

Talk to someone

It could be a friend or family, or a confidential and non-judgemental support service from within this leaflet

Wait

Your thoughts and feelings
CAN change

If you feel

You are in immediate danger,
contact emergency services
on 999

**If you feel you are in
immediate danger contact
emergency services on 999**



Worried about someone else?

Be alert

Not everyone who thinks about suicide will tell someone, but there may be warning signs.

Be Honest

Tell the person why you're worried about them, and ask about suicide

Listen

Just listening is one of the most helpful things you can do. Try not to judge or give advice.

Get them some help

The support contacts in the leaflet can help guide you

Take care of yourself

You may find it helpful to discuss your feelings with another friend or a confidential service

If the person is in immediate danger contact 999



TALK TO US
If things are getting to you

SAMARITANS

 **116 123**

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



Confidential listening and local support for everyone

SAMARITANS

 **116 123** free

We offer a safe place for you to talk to anyone you like, in your own way - about whatever's getting to you.




 **01743 368 647** Shropshire

 **07434 869 248** Telford

We provide a wide range of support and services for the one in four people and their families affected by mental or emotional distress.

shout

for support in a crisis

 Text **85258**

A free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.



Confidential support
dedicated for adults



Midlands Partnership
NHS Foundation Trust
A Keele University Teaching Trust

Access service

FREEPHONE

 **0808 196 4501**

For anybody:

Already using adult mental health services
who needs to contact us out of hours

Who cares for someone receiving adult
mental health services from us

Concerned about the mental health of an
adult family member or close friend



Confidential support dedicated for children and young adults



www.kooth.com

Free, safe and anonymous online
support for young people



Drop in centres in Shropshire and Telford and
Wrekin. For location and opening times visit

[www.childrenssociety.org.uk/beam/
shropshire](http://www.childrenssociety.org.uk/beam/shropshire)

childline

Need to talk? There is support via Childline

 **0800 1111**

We're an emotional health and well-being
service for children and young people, so if
you're under 25 and have something on your
mind, we're here to listen and support you.



Guidance and confidential support for
suicide concern

Support is non
judgemental
and you will be
listened to.

Shropshire and Telford Suicide
Prevention Network



Shropshire
Council



Telford & Wrekin
COUNCIL

