



Lifelines

Samaritans: 116123

A safe place for you to talk anytime (24hr free).

Papyrus: 0800 068 41 41

Prevention of Young Suicide (free & confidential).

AMPARO: 0330 088 9255

Support for anyone affected by a suspected or actual suicide.

Shout: text 85258

The UK's first text support service for anyone in crisis, anywhere, anytime.

Apps

Suicide prevention

Available on Google Play and Apple App Store now.

Stay Alive App

Packed full of useful information and tools to help you stay safe in a crisis.

Calm Harm App

Tasks, information & support to help you resist the urge to self-harm.