FACTSHEET 4

Coping with Suicidal Thoughts...exploring safer options

Telephone Support

Samaritans are experienced in listening to people with suicidal thoughts, feelings and plans and are there to support you when you're desperate or on edge, they will help you get through that moment and help you to identify other forms of help if you think you want it.

Call Samaritans free on 116 123 - open 24 hours a day, 365 days a year



SURVIVORS OF BEREAVEMENT BY SUICIDE

SOBS – Survivors of bereavement by Suicide – National Helpline 7 days a week 9am -9pm call **0300 111 5065**

Mental Health Hub 0800 448 0828 -open 24 hours a day, 365 days a year - Northamptonshire Residents Only

Live Chat & Text Services

Kelly's Heroes has Listening Ear service, available on our website, every day from 6pm.

Text Shout 85258. The UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.

Face to Face in Northamptonshire

Crisis Cafés are available for anyone 17 years & 6 months or over who are finding themselves in a crisis or need support with their mental health. There is no need to call and book an appointment, simply drop in to one of the Northamptonshire locations listed to receive support. To view crisis cafés venues, dates and times please click here. This is partnership between MIND and NHS so staff work alongside each other

Crisis House – In Northamptonshire the NHFT have two locations based in the North and South of the county that offer short term respite providing a safe and welcoming space for people who are feeling distressed and experiencing a crisis. Crisis houses are used as an alternative to be going into hospital, for example if you don't feel safe at home overnight, or things at home are contributing to you being in crisis. Access can only be authorised by an NHS Mental Health Worker, so you will need to call the Mental Health Hub or visit a Crisis Café to discuss this option.

