

**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.



 **0300 123 3393**

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**

 **0300 124 0365**

**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](http://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

