

Getting help with your suicidal thoughts

Suicide



Suicide is what we call it when a person kills themselves. If you are thinking about killing yourself or harming yourself, you can get help now.



It is important to know that you are not alone.

Finding the right service



Are you having thoughts like this?

"I can't cope."

"Am I suicidal?"



"I can't do this anymore."

"I want to die."



Please reach out to one of the services below if you are having any of these thoughts.

Services available 24/7



NHS 24 mental health hub

Call 111 to get urgent mental health assessment and support 24/7.

Phone: [111](tel:111)



Samaritans

A helpline for anyone feeling low or considering suicide.

Phone: [116 123](tel:116123)

Website: samaritans.org

The Childline logo features the word 'childline' in a lowercase, blue, sans-serif font.

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline

A service for young people under 19 struggling with mental health issues, or any other problem.

Phone: [0800 1111](tel:08001111)

Webchat: childline.org.uk/get-support/1-2-1-counsellor-chat/

Website: <http://www.childline.org.uk/>

The YoungMinds logo features the word 'YOUNGMINDS' in a bold, sans-serif font, with 'YOUNG' in yellow and 'MINDS' in grey. Below it, the tagline 'fighting for young people's mental health' is written in a smaller, lowercase, grey font.

YoungMinds crisis messenger

A 24/7 text messaging service for young people in crisis.

The YoungMinds Crisis Messenger is run by Shout.

Text: Text YM to 85258

Website: youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/

Services available at other times



Breathing Space

Sometimes thoughts and feelings can be too much for us. It helps to get some Breathing Space. Pick up the phone - we're here to listen.

Service open: Monday to Thursday - 6pm to 2am
Weekends - Friday 6pm to Monday 6am

Phone: [0800 83 85 87](tel:0800838587)

Webchat: breathingspace.scot



Campaign Against Living Miserably (CALM)

Confidential and free support, information and signposting for men.

Service open: 5pm to midnight every day

Phone: [0800 58 58 58](tel:0800585858)

Webchat: thecalmzone.net/help/webchat/



Switchboard LGBT+

An information, support and referral service for anyone who identifies as LGBT+.

Service open: 10am to 10pm every day

Phone: [0300 330 0630](tel:03003300630)

Webchat: switchboard.lgbt



SAMH information line

Whether you're seeking support, looking for more information for you or someone you love, or just want to have chat about mental health, we're here.

Service open: 9am to 6pm Monday to Friday (except Bank Holidays)

Phone: [0344 800 0550](tel:03448000550) (call charges apply)

Website: samh.org.uk/information-service

Further help



If you are feeling that everything is too much for you or you are not in control you can try these practical tools from Mind. Find out [what you can do to help yourself cope](#) and [how you can distract yourself](#).



Mental Health
Foundation

[Read more about self-harm from The Mental Health Foundation](#)



Visit NHS inform's [mental wellbeing materials](#) for more help and advice.