

# Help for suicidal thoughts

If you're feeling like you want to die, it's important to tell someone.

Help and support is available right now if you need it. You do not have to struggle with difficult feelings alone.

## Phone a helpline

These free helplines are there to help when you're feeling down or desperate.

[Samaritans](#) – for everyone

Call **116 123**

Email [jo@samaritans.org](mailto:jo@samaritans.org)

[Papyrus](#) – for people under 35

Call **0800 068 41 41** – Monday to Friday 9am to 10pm, weekends and bank holidays 2pm to 10pm

Text **07860 039967**

Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[Childline](#) – for children and young people under 19

Call **0800 1111** – the number will not show up on your phone bill

## Talk to someone you trust

Let family or friends know what's going on for you. They may be able to offer support and help keep you safe.

There's no right or wrong way to talk about suicidal feelings – starting the conversation is what's important.

## Who else you can talk to

If you find it difficult to talk to someone you know, you could:

- call a **GP** – ask for an emergency appointment
- call **111** out of hours – they will help you find the support and help you need

### Important

## Is your life in danger?

If you have seriously harmed yourself – for example, by taking a drug overdose – call 999 for an ambulance or go straight to A&E.

Or ask someone else to call 999 or take you to A&E.

Young Minds: provides information on coping with self-harm and suicidal feelings.

Click on the button for advice regarding self-harm



Crisis Text service also available 24/7 on **85258**

Parents Helpline: 0808 802 5544 Mon – Fri 9.30am – 4pm.