

Suicide and Crisis Intervention.

Who to contact:

[Samaritans](#) – for everyone

Call 116 123

Email jo@samaritans.org

[Campaign Against Living Miserably \(CALM\)](#) – for men

Call 0800 58 58 58 – 5pm to midnight every day

Visit the [webchat page](#)

[Papyrus](#) – for people under 35

Call 0800 068 41 41 – Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm

Text 07786 209697

Email pat@papyrus-uk.org

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 your GP** – ask for an emergency appointment
- **call 111** out of hours – they will help you find the support and help you need
- **contact your mental health crisis team** if you have one

You can simply click on links in Blue if reading this online