

Help and Advice for Those Concerned About Suicide.

A number of people have been affected the recent tragic deaths and may be unsure where to turn for help. If you are one of those affected you may be feeling down and depressed, saddened by the loss of a friend and want to talk about the problems you are having or the thoughts and feelings that are worrying you. There are people out there who want to help, who will listen to you and who you can contact.

Some people see the **Samaritans** as being only for older people. That's not true. They are there for everyone, no matter what their problem. They provide confidential non-judgmental emotional support, 24 hours a day

Whatever you're going through, whether it's big or small, don't bottle it up. The Samaritans are there if you're worried about something, feel upset or confused, or just want to talk to someone. If you can't talk about how you are feeling, you can email them.

- They can be contacted on:
- Telephone number: **08457 90 90 90**
- Email: jo@samaritans.org

Alternatively you can contact the **Community Advice & Listening Line** who provide emotional support and information on mental health and related matters – you can contact Community Advice & Listening Line on their:

- **FREEPHONE number 0800 132 737.**

Their help lines are open Monday to Friday 10am -2 pm and 7pm – 11pm and on Saturday and Sunday Noon-Midnight. You can also text them on 81066 if you are concerned about yourself, a relative or friend.

If you are worried about someone, a friend or relative who you feel is at risk and you want to talk to someone to get advice and information about how you can provide support and help then **Papyrus** can help.

Papyrus is a voluntary organisation committed to the prevention of young suicide and the promotion of mental health and emotional wellbeing. You can contact them on:

- **HOPElineUK 0870 170 4000** or you can;
- Email them : admin@papyrus-uk.org

The Compassionate Friends:

Provides support for bereaved parents and their families. The Compassionate Friends is an organisation of bereaved parents and their families who offer understanding, support and encouragement to others after the death of a child

or children. They also offer support, advice and information to other relatives, friends and professionals who are helping the family.

- **Their HELPLINE is 0845 123 2304**

It is always answered by a bereaved parent who is there to listen when you need someone to talk to. They can also put you in touch with a local contact in provide information about their services. The Helpline also offers support and information to those supporting bereaved families. It is open every day from 10am to 4.00pm / 6.30pm - 10.30pm

The can also be contacted by:

- email : info@tcf.org.uk.

Whatever you do, don't bottle up your feelings, reach out and talk to some one, share your feelings and find the support you need.