



Men's Mental Health Project in Hastings

World Suicide Prevention Day 2021 Resources

For anyone thinking about suicide or if you are worried about someone else.

Local Resources

Sussex Mental Healthline
0800 0309 500

The Sussex Mental Healthline is a free 24/7 telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health.

Warning Signs Campaign

www.preventingsuicideinsussex.org

Warning Signs is suicide prevention campaign targeting East Sussex, West Sussex and Brighton & Hove, specifically aiming to support the reduction of annual suicide amongst men in Sussex.

Grassroots

www.prevent-suicide.org.uk

Grassroots work with communities, organisations, services and individuals to provide them with the knowledge, skills and confidence needed to support those at risk of suicide.

Staying Alive App

This app is a free pocket suicide prevention resource created by Grassroots Suicide Prevention. The app is packed full of useful information to help you stay safe. The app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.



Downloadable resources

Grassroots

www.prevent-suicide.org.uk/find-help-now/downloadable-resources

National Suicide Prevention Alliance

<https://nspa.org.uk/resources>

National Helplines

Samaritans

Telephone 116 123
24/7

NHS 111

Telephone 11
24/7

Mind

Telephone 0300 123 3393
Text 86463

Monday to Friday 9am—6pm

CALM—for Men

Telephone 0800 58 58 58
Webchat -www.thecalmzone.net/help/webchat
Everyday 5pm - midnight

The Silver Line - for older people

Telephone 0800 470 8090
24/7

Papyrus - for anyone under 35

Telephone 0800 068 4141
Text 07860039967
Everyday 9am—midnight

Shout

Text 'Shout' to 85258
24/7

Switchboard—for LGBT+

Telephone 0300 330 0630
Webchat - www.switchboard.lgbt/how-we-can-help

If someone has attempted suicide or seriously harmed themselves seek emergency support. Call 999 or go to your nearest A&E.

For more information
www.mindcharity.co.uk