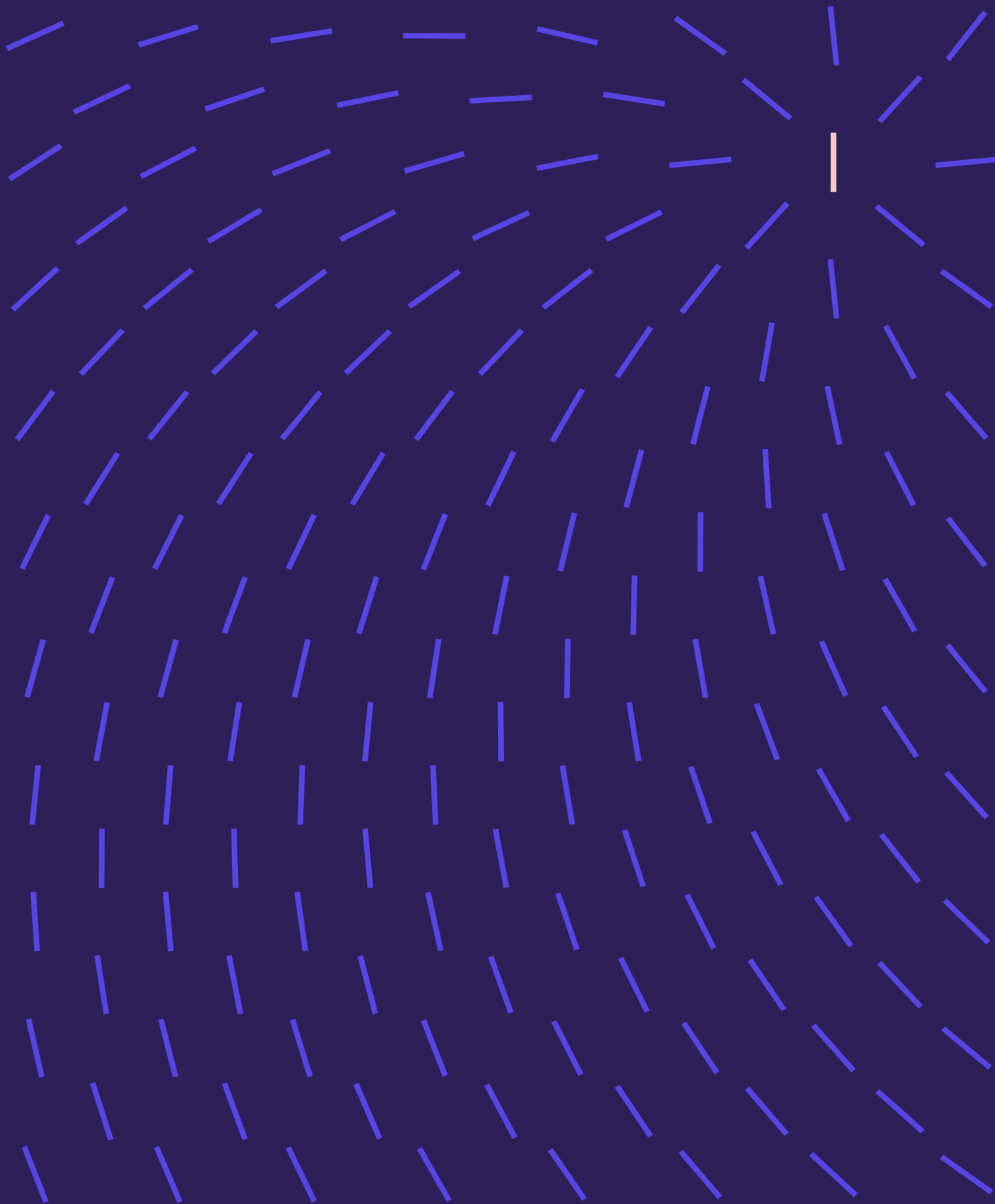


Mental Health & Suicide

First Aid Resources





Ripple Suicide Prevention

Aimed towards: All

Ripple is a digital tool, which if a user searches for harmful content online, they will first be guided through a filter of breathing exercises and then very simple, uncluttered and calmly presented strategies and forums, help lines and mental health services they can access both now and longer term: accompanied with messages of hope and encouragement to keep safe. It's a free tool for the education sector and parents.

Website: <https://www.ripplesuicideprevention.com>



Shout 85258

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text: Shout to 85258 (free, 24/7)

Website: <https://giveusashout.org/>



NHS111

24/7 urgent mental health support, for people of all ages who need urgent mental health support. The helpline is available all day, every day.

Tel: 111 option 2

Website: <https://111.nhs.uk/>



Switchboard LGBT+ Helpline

Aimed towards: LGBTQ+ community

You can talk about anything with the Switchboard volunteers, who all self-define as LGBT+. Nothing is off limits, and the volunteers understand how anxious you might feel before you pick up the phone. Calls are confidential and they only finish when you're ready.

Tel: 0300 330 0630 (lines open everyday 10am-10pm)

Online chat: <https://switchboard.lgbt/contact>

Website: <https://switchboard.lgbt/>



The Silver Line

Aimed towards: The older community

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Tel: 0800 4 70 80 90 (free, 24/7)

Website: <https://www.thesilverline.org.uk/>



PAPYRUS

Aimed towards: Under 35s

Description: A charity dedicated to the prevention of suicide and the promotion of positive mental health.

Tel: 0800 068 4141 (Free daily 9am – midnight)

Website: <https://www.papyrus-uk.org/>



CALM

Aimed towards: Males of all ages

CALM offer confidential, anonymous and free support, information and signposting through the helpline or webchat.

People can talk through a wide variety of issues including abuse, addictions, anger, depression, bullying, eating disorders, sexuality, work issues, racism, bereavement, suicide, divorce and more. The website holds information on a range of issues and lists national organisations offering support with some of these issues.

Tel: 0800 58 58 58 (free, 5pm – midnight, daily)

Online chat: <https://www.thecalmzone.net/help/webchat>

Website: <https://www.thecalmzone.net/>



The Compassionate Friends

Aimed towards: bereaved parents and their families

An organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children.

Phone: 0345 123 2304 (Open every day of the year from 10:00 – 16:00 and 19:00 – 22:00)

Website: <https://www.tcf.org.uk/>



Jacobs One Million Lives

Aimed towards: All

A free mental health check-in tool

Website: <https://www.oml.world/>



The Hub of Hope

Aimed towards: All

The Hub of Hope is a first of its kind, national mental health database which brings together organisations and charities, large and small, from across the country who offer mental health advice and support, together in one place.

Website: <https://hubofhope.co.uk/>



StayAlive

The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe

Website: <https://www.stayalive.app/>



IMALive

Aimed towards: All

IMALive is a live online network that uses instant messaging to respond to people in crisis. People need a safe place to go during moments of crisis and intense emotional pain. If you are in crisis or considering suicide, you can talk to one of their volunteers all trained and certified in suicide prevention.

Website: <https://www.imalive.org/>



SOBS

Aimed towards: Anyone bereaved by suicide

National support groups for those bereaved from suicide.

Website: <https://uksobs.org/>



The Good Grief Trust

Aimed towards: Anyone experiencing grief

The Good Grief Trust exists to help all those affected by grief in the UK. We aim to find the bereaved, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support.

Website: <https://www.thegoodgrieftrust.org/>



Cruse

Aimed towards: Anyone bereaved

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland.

Tel: 0808 808 1677

Website: <https://www.cruse.org.uk/>



Alliance of Hope

Aimed towards: All

The Alliance of Hope for Suicide Loss Survivors provides healing support for people coping with the shock, excruciating grief and complex emotions that accompany the loss of a loved one to suicide.

Website: <https://allianceofhope.org/>



Befrienders Worldwide

Aimed towards: All

Providing emotional support to prevent suicide worldwide. We listen to and help people without judging them.

Website: <http://www.befrienders.org/>



Conversations Matter

Aimed towards: All

A practical online resource to support safe and effective discussions about suicide.

Website: <http://www.conversationsmatter.com.au/>



DoREADY

Helps you get ready for the first time you visit a doctor to discuss your mental health.

Website: <https://www.docready.org/>



Farm Safety Forum

Aimed towards: The Farming Community

Through our national campaign Mind Your Head, the Farm Safety Foundation is tackling the stigma poor mental health, ensuring that that next generation of farmers is resilient and equipped with smart strategies and specific skills to live well and farm well.

Website: <https://www.yellowwellies.org/>



Help Guide

Aimed towards: All

Offer the guidance and encouragement you need to find hope, get motivated, take charge of your mental health, and start feeling better.

Website: <https://helpguide.org/>



Side by Side

Aimed towards: All

Side by Side is a supportive online community where you can feel at home talking about your mental health and connect with others who understand what you are going through. The community is available to all, 24/7. Side by Side is moderated daily from 8.30am to midnight.

Website: <https://www.mind.org.uk/information-support/side-by-side-our-online-community/>



Togetherall

Aimed towards: All

Togetherall is a vibrant online mental health and wellbeing service offering self-help programmes, creative outlets and a community that cares. Available 24 hours a day, 365 days a year so whether you're dealing with everyday stressors or major life events, we'll help you get through it. Our service is moderated 24/7 by trained practitioners who keep our members safe, and facilitate the process of people helping people in an online environment.

Website: <https://www.bigwhitewall.com/>



At a Loss

Aimed towards: All

If you have been affected by suicide and are struggling, you can find all the help you need in one place at Ataloss.org. Easy to use filters will help you search from the hundreds of services listed to find bereavement support that best suits you, wherever you live. We also provide up to date practical information, a library of helpful reads and helplines.

Chat: <https://www.ataloss.org/live-chat> (9am to 9pm Monday to Friday)

Website: <https://www.ataloss.org/>



If U Care Share

Aimed towards: Those affected by suicide

We are here to listen and support emotional well being in young people and those affected by suicide.

Tel: 01913 875661

Website: <https://www.ifucareshare.co.uk/>



MindOut

Aimed towards: Lesbian, Gay, Bisexual, Trans & Queer Community

MindOut is a Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service. The online chat service is confidential, non-judgemental and anonymous. Open every day including weekends and evenings.

Website: <https://www.mindout.org.uk/our-services/mindout-online/>



Rethink

Aimed towards: All

Rethink provides expert, accredited advice and information to everyone effected by mental health problems. They have mental health services and support groups across England, find your nearest service via the website. Rethink Advice and Information Service: offers practical help on issues such as the Mental Health Act, community care, welfare benefits, debt, criminal justice and carers rights. They also offer general help on living with mental illness, medication, care and treatment.

Tel: 0808 801 0525 (weekdays 1pm to 4pm)

Website: <https://www.rethink.org/>



Nightline

Aimed towards: University Students

Emotional support for students in distress. Nightlines are confidential, anonymous, non-judgemental, non-directive and non-advisory support services run by students for students.

Tel: dependant on your university

Website: <https://nightline.ac.uk/want-to-talk/>



Sibling Support

Aimed towards: All

Sibling Support is a website designed by siblings, for siblings. We are here to help young people cope with the death of a sibling. Resources include personal stories, helpful advice on managing grief, and videos.

Website: <https://www.siblingsupport.co.uk/>



Vetlife

Aimed towards: Veterinary community

Independent, confidential and free help for everyone in the veterinary community including veterinary nurses and students. Our charity provides a 24/7 phone and email helpline; professional mental health support; financial assistance; information and resources.

Tel: 0303 040 2551 (24/7)

Website: <https://helpline.vetlife.org.uk/>



Battle Scars

Aimed towards: Supporting anyone affected by self-harm

Battle Scars do not offer crisis support. If you've been affected by self-harm, you are not alone. Battle Scars is a charity dedicated to decreasing the stigma, raising awareness and supporting anyone affected by self-harm. They offer a variety of resources to help understand and manage self-harm and encourage people who struggle with self-harm to reach out and build a support network. They offer services such as Peer support for families of people who self-harm, Adult Peer Groups and an Under 18's Service which include workshops on managing self-harm for young people and how to disclose or talk to someone about it.

Website: <https://www.battle-scars-self-harm.org.uk/>



Student Minds

Aimed towards: Students

If you are a student struggling with mental wellbeing or looking to support someone you know, Student Minds are a charity focused on preventing mental health issues by focusing on educating and providing students with a wellbeing toolkit. Student Minds can help support you by offering student-led peer support programmes and signposting you to resources that can support your needs.

Website: <https://www.studentminds.org.uk/>



The Mix

Aimed towards: Under 25s

The Mix is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. Open 365 days a year, for absolutely anything you are going through.

Tel: 0808 808 4994 (open 3pm - 12am everyday)

Website: <https://www.themix.org.uk/>



Support Line

Aimed towards: All

We offer confidential emotional support to children, young adults and adults by telephone, email and post. We work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self esteem to encourage healing, recovery and moving forward with life. We also keep details of counsellors, agencies and support groups throughout the UK.

Tel: 0170 876 5200 (hours vary)

Website: <https://www.supportline.org.uk>



Mind Info Line

Aimed towards: Non English speaking community

Our team provides information on a range of topics including: types of mental health problems where to get help, medication and alternative treatments, advocacy. We can provide an interpreter using Language Line. This service offers translation in over 170 languages. Remember to ask for the Language Line service when you call.

Tel: 0300 3393 123 (9am to 6pm, Monday to Friday except for bank holidays).

Text: 86463

Website: <https://www.mind.org.uk/information-support/mind-infoline-campaign-england/>



MindLine Trans+

Aimed towards: People who identify as transgender, agender, gender-fluid and non-binary

MindLine Trans+ is a confidential emotional, mental health support helpline for people who identify as transgender, agender, gender-fluid and non-binary. We are also here to support family members and friends and to provide signposting to other services and resources. We are a national helpline, you can call us from anywhere in the UK. The MindLine Trans+ provides a safe place to talk about your feelings confidentially. We don't record calls nor ask for any personal details. Our listeners will try understand the multitude of feelings and concerns that may be going on for you. We are here to listen and offer our support.

Tel: 0300 330 5468

Website: <https://bristolmind.org.uk/help-and-counselling/mindline-transplus/>



Tough Enough to Care

Aimed towards: Men of all ages

Tough Enough To Care is aimed predominantly at men of all ages who currently fall into the trap of having to act macho instead of talking about feelings and the main aim is to prevent male suicide. We provide a one stop shop for mental health support. In the first instance, to provide somewhere for men seeking help, support or just someone different to talk to. We also want to offer guidance for others that have been affected as a result of mental health issues.

Website: <https://toughenoughtocare.help/>



The OLLIE Foundation

Aimed towards: All

In 2016, three parents who had all lost their teenage sons to suicide, vowed to do all they could to prevent other families suffering similar tragedies. And so The OLLIE Foundation was born. OLLIE provide fully funded mental health support for students and young people. All courses are fully funded through donations, fundraising and generous grants. If you wish to book in-house training please contact us.

Website: <https://theolliefoundation.org/>



The Jordan Legacy

Aimed towards: All

It is our mission to be at the forefront of the advancement of health and the saving of lives for the public benefit; specifically the advancement of mental health and preventing lives being lost to suicide. Our actions are specifically aimed at benefitting the general public and those more directly impacted by mental health challenges and suicide, by providing relevant information, advice, awareness-raising, education, and support to help move the UK to a society where suicide prevention is more openly discussed and deaths by suicide are rare events.

Website: <https://thejordanlegacy.com/>



The SANE

Aimed towards: All

Our trained and experienced team of staff and volunteers are here to provide emotional support by phone, email and text, 365 days a year. You can also share experiences with others in our online peer-led forum. If you're struggling with mental illness, or you're caring for someone and would like to get in touch, we're here for you.

Tel: 0300 304 7000

Website: <https://www.sane.org.uk/>



Kooth

Aimed towards: All

We create a welcoming space for effective personalised digital mental health care. Available to all. Our easily accessible products have tailored clinical models, communities and activities to support you and keep you safe, whoever you are.

Website: <https://www.koothplc.com/>



Be Mindful

Aimed towards: All

Be Mindful is the only Mindfulness-Based Cognitive Therapy (MBCT) digital therapeutic course. NHS assessed and commissioned, and trusted for nearly a decade, this accessible web-based digital therapeutic is proven to significantly reduce levels of stress, anxiety, and depression, delivering often life-changing results for participants.

Website: <https://www.bemindfulonline.com/>



LGBT Foundation

Aimed towards: LGBTQ+ Community

LGBT Foundation exists to support the needs of the diverse range of people who identify as lesbian, gay, bisexual and trans. They provide a wide range of services to support lesbian, gay, bisexual and trans people.

Website: <https://lgbt.foundation/>



Consortium

Aimed towards: Trans people

LGBT Consortium's directory of services for trans people

Website: <https://www.consortium.lgbt/member-directory/>



akt

Aimed towards: All

akt supports lgbtq+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment. We support young people into safe homes and employment, education or training, in a welcoming and open environment that celebrates lgbtq+ identities.

Website: <https://www.akt.org.uk/>



Mindcanyon

Aimed towards: All

Steve Carr works independently as an award winning mental health trainer and as an associate trainer for mental health charities, including Grassroots and Mind. If you would like Steve to deliver a talk, mental health or suicide first aid training to the people in your organisation drop him an email.

Tel: +44 7754 746 681

Website: <https://mindcanyon.co.uk/>



Suicide&Co

Aimed towards: All

We strongly believe in the power of conversation and use a variety of initiatives to spark conversations and encourage open dialogues around bereavement from suicide and mental health more generally. In terms of the services we provide, we focus on one-on-one professional support through talking therapies offering our Counselling Service and Helpline that are staffed by bereavement counsellors.

Website: <https://suicideandco.squarespace.com/>



The Traveller Movement

Aimed towards: Gypsy, Roma and Traveller people

Established in 1999, the Traveller Movement has an award-winning track record in innovative and ground-breaking work using a collective community assets-based approach for addressing ethnic Romany Gypsy, Irish Traveller and Roma inequality, exclusion and discrimination and promoting their rights

Website: <https://travellermovement.org.uk/>



Traveller Pride

Aimed towards: Gypsy, Roma and Traveller people

We are group made up of Travellers (used as inclusively as possible) who are LGBT+ (likewise) who want to provide a platform for our intersectional community. We act as a network that can provide guidance, support and information to make life easier for LGBT+ Travellers as well as providing essential services, meetup spaces and collaborating with other organisations to make them more welcoming to us.

Website: <https://www.lgbttravellerpride.com/>



Traveller Counselling Service

Aimed towards: Gypsy, Roma and Traveller people

The Traveller Counselling Service was launched in February 2008 initially as a one year pilot project which since has developed into a community based counselling service for the Traveller community.

Tel: 01-868 5761 / 086-308 1476

Email: info@travellercounselling.ie

Website: <https://travellercounselling.ie/>



Families Outside

Aimed towards: People located in Scotland who are concerned about the physical or mental health of a person in prison.

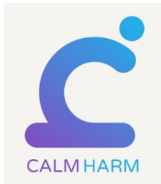
Families Outside is the only national charity in Scotland working exclusively on behalf of families affected by imprisonment. We speak to thousands of families each year, providing information and support on issues such as housing, finance, and emotional support.

Tel: 0800 254 0088 (Monday to Friday from 9am – 5pm)

Email: support@familiesoutside.org.uk

Text: text FAMOUT to 60777 (Monday to Friday from 9am – 5pm)

Website: <https://www.familiesoutside.org.uk/>



Calm Harm

Aimed towards: All

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Clinical Psychologist Dr. Nihara Krause, in collaboration with young people, using principles from evidence-based Dialectical Behaviour Therapy (DBT)

Website: <https://calmharm.co.uk/>



Catch It

Aimed towards: All

Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary and tracker.

Website: <https://www.liverpool.ac.uk/it/app-directory/catch-it/>



Happify

Aimed towards: All

Happify brings you effective tools and programs to help you take control of your feelings and thoughts. Our proven techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioural therapy for decades.

Website: <https://www.happify.com/>



Chill Panda

Aimed towards: All (including under 10s)

Play your way to a calmer day. Family friendly relaxation, breathing exercise and activity app.

Website: <http://chillpanda.co.uk/>

App: Download on [iTunes](#) and [Nintendo Switch](#)



DistrACT

Aimed towards: All

The distrACT app provides easy, quick and discreet access to general health information, self-help tips and links to support and trusted resources for those who self-harm or feel suicidal - and those supporting them.

Website: <https://www.expertselfcare.com/health-apps/distract/>

App: Download on [iTunes](#) and [Google Play](#)



MindDoc

Aimed towards: All

MindDoc is a leading monitoring and self-management app for promoting emotional well-being and coping with such mental illnesses as depression, anxiety, insomnia, and eating disorders. MindDoc can be used by itself for prevention or self-help, or as a part of treatment with a mental health practitioner.

Website: <https://minddoc.com/de/en/>

App: Download on [iTunes](#) and [Google Play](#)

 SAMARITANS

Samaritans

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Great Britain and Ireland.

Tel: Call 116123 (free, 24/7)

Website: <https://www.samaritans.org/>



Bereavement Advice

Aimed towards: Anyone bereaved

There are many practical matters to attend to when someone dies. Bereavement Advice Centre supports and advises people on what they need to do after a death.

Website: <https://www.bereavementadvice.org/>



Andy's Man Club

Aimed towards: Males

We are open for face to face meetings every Monday (except bank holidays) at 7pm and currently have 35 groups across England and Scotland. We also have a national online group every Monday at 7pm for those outside of our catchment areas. For information about how to book on to one of our sessions, either in person or online, please send an email to info@andysmanclub.co.uk and our team will be able to assist.

Website: <https://andysmanclub.co.uk/>



7 Cups

Aimed towards: All

If you're experiencing depression, anxiety, relationships issues or want someone there to listen, 7 Cups offers a free, anonymous online chat service with trained volunteers. This service is available 24/7.

Website: <https://www.7cups.com/>



TalkLife

Aimed towards: All

TalkLife is a peer-to-peer network where you can share the ups and the downs of life. No judgement - just a whole lot of support.

App: Download via [App Store](#) or [Google Play](#)

Website: <https://www.talklife.co/about>



TellMi

Aimed towards: Young people aged between 11-25

TellMi is the only pre-moderated (by humans) digital peer support app where posts are approved in minutes, not hours. It has been independently demonstrated to improve mental health and is loved by young people aged 11-25.

Website: <https://www.tellmi.help/>

App: Download on [iTunes](#) and [Google Play](#)

Signs to look out for

Below are some signs to look out for in behaviour, emotion and speech that may indicate someone is at risk of suicide.



Behavioural Markers

Behavioural markers include (but are not limited to) :

- Isolating from others
- Not communicating with friends or family
- Giving away possessions or writing a will
- Driving recklessly
- Increased aggression
- Increased drug and alcohol use
- Searching about suicide on the Internet
- Taking an increased amount of time off of work
- Change in sleeping patterns
- Financial difficulties (e.g. spending more money than they can afford to spend)
- Relationship difficulties
- Gathering materials (pills or a weapon)



Physical Markers

Physical markers include (but are not limited to):

- Weight gain
- Weight loss
- Acne
- Signs of self harm
- Lack of hygiene
- Loss of interest or lack of care about their appearance



Emotional Markers

Emotional markers include (but are not limited to) :

- Feeling depressed
- Lack of interest in activities once enjoyed
- Irritability
- Anger
- Anxiety
- Shame or humiliation
- Mood swings



Direct Verbal Markers

Verbal Markers include (but are not limited to) talking about:

- Killing themselves
- Their life having no purpose
- Feeling like a burden
- Feeling stuck
- Not wanting to exist
- Financial difficulties
- Relationship difficulties



Indirect Verbal Markers

Indirect verbal expressions may include:

- Hopelessness
- Failing to see a future
- Believing they are a burden to others
- Saying they feel worthless or alone
- Talking about their death or wanting to die
- Financial difficulties
- Relationship difficulties

Suicide Safety Questions

Risk Factors

Risk factors that may indicate someone is at a higher risk of suicide include (but are not limited to):

- History of substance abuse
- Access to firearms
- Difficult life events
- Isolation from others
- History of mental illness
- History of physical, emotional or sexual abuse
- Having a terminal or chronic illness
- Past suicide attempts
- Experiencing bullying
- Feeling uncertain about their sexual orientation

There are 6 elements that may present danger to a person thinking about suicide, we must ask the person we are supporting the following questions.



Are you alone?

Being alone can pose a risk to a person who is considering suicide, especially if the person doesn't have anybody to speak to, therefore we must ask the person if they have a safety contact or link to professional support.



Are you in pain?

If the person is experiencing high levels of emotional pain, continue the conversation, this may help reduce that in some way for them.



Do they have a plan?

If they have the means and a plan in which to suicide, we must consider how we would dismantle that plan.



Have they attempted to end their life before?

We also need to know if they have ever attempted suicide before, if they've just had thoughts of suicide, if they've only ever had thoughts of suicide and not, acted on the thoughts, they are less likely, to end up at the point of death than somebody who has had thoughts and has acted on them.



Is the person using alcohol or drugs?

If so, we must discuss no use of safe use.



Have you been given a mental health diagnosis?

If they have it means they may already be linked to the GP or clinical support.

Once we have asked the 6 questions, we then need to consider what needs to be done now for safety and who can help them with this, i.e. out of hours G.P, friends, family or faith groups

Helping a Suicidal Friend

If someone you know is feeling suicidal they might need someone they feel safe with to talk to express their feelings, fears and anxieties with, and to be themselves with.

What might someone who is suicidal want?



Someone to listen

Someone who will take time to really listen to them. Someone who won't judge, force advice or opinions, but will give their undivided attention.



Someone to trust

Someone who will respect them and won't try to take charge. Someone who will treat everything in complete confidence.



Someone to care

Someone who will make themselves available to put the person at ease in a calm manner. Someone who can reassure, accept and believe them. Someone who is able to show that they care.

What might someone who is suicidal not want?



To be alone

Rejection can make the problem seem ten times worse. Having someone to turn to makes all the difference.



To be lectured

Lectures don't help. Nor does a suggestion to 'cheer up' or an easy assurance that 'everything will be OK'. Try to avoid analysing.



To be interrogated

Don't change the subject, pity or patronise. Talking about feelings can sometimes be difficult. People who get the confidence to speak to you about suicide will not be rushed or put off.

info@ripplesuicideprevention.com
www.ripplesuicideprevention.com

4th Floor, Silverstream House,
45 Fitzroy Street,
Fitzrovia, London, W1T 6EB

Registered Charity Number: 1194331