

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.

Unless it says otherwise, they're open 24 hours a day, every day.

[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 9am to 10pm, weekends and bank holidays 2pm to 10pm
Text **07860 039967**
Email 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
- **contact your mental health crisis team** – if you have one

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.

Tips for coping right now

- try not to think about the future – just focus on getting through today
- stay away from drugs and alcohol
- get yourself to a safe place, like a friend's house
- be around other people
- do something you usually enjoy, such as spending time with a pet

See [more tips from Rethink](#).

Worried about someone else?

If you're worried about someone, try to get them to talk to you. Ask open-ended questions like: "How do you feel about...?"

Do not worry about having the answers. Just listening to what someone has to say and taking it seriously can be more helpful.

See Samaritans' tips on [how to start a difficult conversation](#).

Rethink also has advice on [how to support someone who is having suicidal thoughts](#).

Making a safety plan

If you struggle with suicidal thoughts or are supporting someone else, it may help to make a safety plan to use if you need it:

- the [Staying Safe website](#) provides information on how to make a safety plan, including video tutorials and online templates to guide you through the process
- the mental health charity Mind also provides information on [planning for a mental health crisis](#)