

Suicide prevention & suicide bereavement

Free training

If someone's struggling, talk with them, www.zerosuicidealliance.com has FREE suicide prevention training. For details of support services visit www.happyoksad.org.uk

It's OK to ask about suicide. www.zerosuicidealliance.com has a FREE, 20 min suicide prevention session. For details of support services visit www.happyoksad.org.uk



Support if people are in crisis

Support services: Samaritans

If you're feeling troubled, or having thoughts of suicide you can contact Samaritans 24/7 on 116 123 or www.samaritans.org



Talking saves lives. If something's troubling you, talk to someone you trust, or contact Samaritans 116 123 24/7

Whatever's stressing you out, you can contact Samaritans 24/7 on 116 123 or www.samaritans.org, you don't have to be suicidal

Support services: PAPYRUS

PAPYRUS' HOPELINEUK is for young people who feel suicidal, and anyone concerned about a young person. Call 0800 068 41 41, or text 07860 039967, www.papyrus-uk.org



Being young can be tough, if you're finding it hard to cope, or thinking of suicide, PAPYRUS' HOPELINEUK can offer support, call 0800 068 41 41, or text 07860 039967

Support services: CALM

CALM phoneline & webchat, 365 days, 5pm to midnight for men who want to talk things through 0800 58 58 58 www.thecalmzone.net

Blokes get stressed too. CALM runs an anonymous & confidential helpline & webchat service for men 5pm to midnight 0800 58 58 58 www.thecalmzone.net



Support services: Samaritans, PAPYRUS, CALM

Life can be tough. Anyone can have suicidal thoughts. Help is out there @theCALMzone @samaritans @PAPYRUS_tweets

If someone's struggling, don't be afraid to ask about suicide. Find help @theCALMzone @samaritans @PAPYRUS_tweets

If you're thinking of suicide, then talk to someone @theCALMzone @samaritans @PAPYRUS_tweets stay safe

When things are tough talking helps, support is out there @theCALMzone @samaritans @PAPYRUS_tweets

Stay Alive App

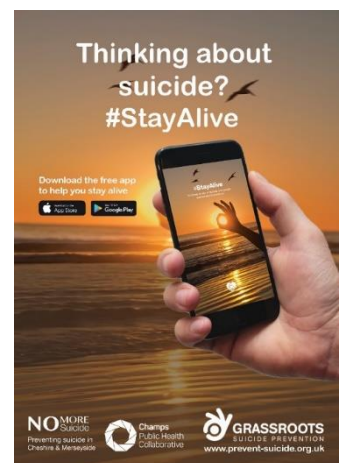
If someone you know is feeling hopeless and overwhelmed, find local support through the Stay Alive App. It's free @ App Store & Google Play.

The Stay Alive App includes a safety plan, tips on staying grounded, a wellness plan & information on support in Warrington. It's free @ App Store & Google Play.

Suggested Facebook post:

The Stay Alive app is designed for people who feel suicidal and for those concerned about someone else's suicidal thoughts. It includes details of local and national crisis services, along with advice on helping someone else, suicide myth-busting and a safety plan.

You can download the free app on IOS or Android. For further details visit <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>



Suicide bereavement support services: AMPARO, SOBS

Have you been bereaved by suicide? You're not alone www.uk-sobs.org.uk. Helpline 0300 111 5065, 9am to 9pm Mon-Fri





AMPARO
support following suicide

If you live in Warrington and have been bereaved or affected by suicide, then Amparo can help you find support 0330 088 9255 <https://listening-ear.co.uk/amparo/>

Happy? OK? Sad?

For information about mental health support services in Warrington and what to do if you can't cope visit www.happyoksad.org.uk



The Warrington site www.happyoksad.org.uk has details of local and national mental health support services

If someone you know needs help, www.happyoksad.org.uk has a directory of mental health support services

In Your Corner

BE IN YOUR MATE'S CORNER

1 in 4 of us will fight mental health problems this year. So if your mate's acting differently, step in.

time to change
let's end mental health discrimination

#inyourcorner #warrington
www.happyoksad.org.uk

WARRINGTON Borough Council

How's it going? Three small words can make a big difference. If a mate's feeling down then keep in touch. #inyourcorner #warrington, www.happyoksad.org.uk

If a mate's struggling, then step in. Talk, listen too. You don't need to solve things, just being there can help #inyourcorner #warrington, www.happyoksad.org.uk

If your mate's acting differently, don't judge, step in. Text, call, reach out. Be yourself, do everyday things #inyourcorner #warrington, www.happyoksad.org.uk

BE IN YOUR MATE'S CORNER

1 in 10 young people will experience a mental health problem this year. If your mate's acting differently, step in.

time to change
let's end mental health discrimination

#inyourcorner #warrington
www.happyoksad.org.uk

WARRINGTON Borough Council