

Websites and resources which may be helpful in a crisis:

www.bigwhitewall.com

Samaritans

24 hour confidential telephone, email and text message service.

www.samaritans.org.uk

[08457 90 90 90](tel:08457909090)

NHS Choices

24 hour national helpline providing health advice and information

www.nhs.uk

111 (free call from land-line or mobile)

Mind InfoLine

Online fact sheets and legal advice. Helpline open [Monday to Friday 9.00am](#) - 5.00pm.

www.mind.org.uk

[0845 766 0163](tel:08457660163)

Saneline

Out of hours telephone helpline. Opening hours: [6pm - 11pm](#).

http://www.sane.org.uk/what_we_do/support/helpline/

[0845 767 8000](tel:08457678000)

Apps

Stay Alive

A suicide prevention pocket resource for the UK, Stay Alive offers help and support both to people with thoughts of suicide and to people concerned about someone else. The app can be personalised to tailor it to the user

Go to Apple App Store

Go to Android App on Google Play

Here's the video about this App:

<http://m.youtube.com/watch?v=wKBVkjFRpo>

Previdence

An evaluation tool that allows people to assess themselves or

others for depression, anxiety, drug and suicidal issues', and to monitor progress.

Go to Apple App Store

Apple only.

Destructive Issues

Deals with the 'top 20' issues facing young people with a competent Suicide subsection containing 'tell tale signs, prevention tips, Q&As and resources.

Go to Android App on Google Play

ASK & Prevent suicide

Contains a detailed guide on how to ask if someone is feeling suicidal and discuss this with them (American).

Go to Apple App Store

Go to Android App on Google Play

Five Ways To Wellbeing

Reflect on your wellbeing, set activities to help improve your wellbeing and track your progress.

Go to Android App on Google Play

Online self-help

Suicide: Read This First

Conversations and writings for suicidal people. If you're feeling at all suicidal, read this page before you take any action.

www.metanoia.org/suicide

Coping with suicidal thoughts

Advice on the first steps to take when experiencing suicidal thoughts.

helpguide.org/mental/suicide_help.htm

Pocket Resource Card

A printable, concise resource to help you if at risk of suicide or worried about someone else.