



**SUICIDE PREVENTION
INFORMATION**

Listen

Love

Live

This directory contains details of local and national groups that can support people who are affected by suicide or suicidal thoughts. Knowing what's out there will enable you to get the help you need, when you need it, in a way that works for you.

It is important for us all to talk openly about suicide and help raise awareness, change people's attitudes and reduce the stigma associated with suicide.



SAMARITANS

**Every seven seconds
we respond to
a call for help.
No judgement.
No pressure.**

We're here for anyone who
needs someone. We're here
24 hours a day, 365 days a year.

Call free anytime

116 123

or email jo@samaritans.org
(response time: 24 hours)

www.samaritans.org



PAPYRUS

PREVENTION OF YOUNG SUICIDE

**Are you, or is a
young person you
know, not coping
with life?**

For confidential suicide
prevention advice, contact:

HOPELINE247

0800 068 4141

Email: pat@papyrus-uk.org
www.papyrus-uk.org

CAMPAIGN AGAINST LIVING MISERABLY

**CALM is a national
movement against suicide.**

We run a free and confidential helpline and webchat 7 hours a day (5.00pm- midnight), 7 days a week, 365 days a year for anyone who needs to have a chat about life's problems.

We also support people bereaved by suicide.

0800 58 58 58
www.thecalmzone.net



**OPEN UP
WHEN
YOU'RE
FEELING
DOWN**

Sometimes our thoughts and feelings overwhelm us to the point where it becomes difficult to cope with everyday life.

**IF YOU NEED HELP NOW
CALL FREE ON**

0800 83 85 87

OPENING HOURS:

Weekdays Mon-Fri 6pm-2am
Weekend Sat & Sun 4pm-12am

www.breathingspace.scot



Stay Alive is an app packed full of useful information and tools to help you stay safe in crisis.

You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Available on Google Play or download from the Apple Store



Better Stop Suicide is an app to help people press their own stop button, should suicidal thoughts come to them.

Available on Google Play or download from the Apple Store

shout

85258

Shout 85258 is a free confidential text service available 24 hours a day, seven days a week, for anyone in crisis.

Struggling to cope?

Text **SHOUT** to **85258**
www.giveusashout.org



When you're living with a mental health problem, or supporting someone who is, having access to the right information is vital. We're here to help.

Phone **0300 123 3393**
(Mon-Fri 9am-6pm)
www.mind.org.uk



**We strive to reduce shame,
stigma and silence surrounding
emotional silence and suicide.**

If you want to talk, we're here to listen. For children and adults who need emotional support, understanding, compassion and kindness.

8pm-Midnight (Mon - Fri)

4pm-Midnight (Sat & Sun)

Call: 0808 115 1505

www.sossilenceofsuicide.org



Penumbra offer the following mental health support:

Self-harm Support Service

If you are living with self-harm, we will explore with you issues around self-harm and help you to discover alternative coping strategies.

Tel: **01294 602687**

Email: **Ayrshire.SelfHarm@penumbra.org.uk**

Peers4Hope

If your mental health and wellbeing is impacted by what is going on in your life, we will help you discover strategies to maintain good wellbeing.

Tel: **01294 602687**

Email: **Peers4Hope@penumbra.org.uk**

Suicide Bereavement Service

If you are impacted by the loss of someone to suicide, staff will be there to listen and be a source of support as you come to terms with your loss.

Tel: **0800 471 4768**

Email: **SuicideBereavementSupport@nhs.scot**



Touched
by suicide
scotland

We are a self-help organisation that offers emotional and practical support to people bereaved by suicide.

**Confidential
Telephone Helpline:**

01294 274273

Email:

touchedbysuicidescotland@hotmail.co.uk

COMBAT STRESS

FOR VETERANS' MENTAL HEALTH

Helping former servicemen and women with issues such as anxiety, depression and post-traumatic stress disorder (PTSD).

24/7 Helpline: 0800 138 1619

Text: 07537 173683 (national rates apply)

Email: helpline@combatstress.org.uk

www.combatstress.org.uk



Cruse Scotland

Bereavement Support

We help anyone experiencing bereavement to understand their grief and cope with their loss.

Free Helpline: 0808 802 6161

Weekdays: Mon – Fri 9am – 8pm

Weekends: 10am - 2pm

www.crusescotland.org.uk



respectme

Scotland's Anti-Bullying Service

If you're being bullied, it can be difficult to know what to do or where to turn.

RespectMe provides practical advice and guidance for young people on dealing with bullying behaviour.

0344 800 8600
enquire@respectme.org.uk

www.respectme.org.uk



Beautiful Inside & Out is a local charity which provides counselling and bereavement support to parents and siblings of suicide victims.

079 8432 8808

beautifulinsideandoutscio@gmail.com

**www.facebook.com/pg/
beautifulinsideandoutscio/**



ACCIDENT & EMERGENCY

If anyone is at immediate risk of suicide, the best way to protect that person may be to get them to the Accident and Emergency department of the nearest hospital for urgent professional help.

If they are in immediate danger of harm and if they are unwilling to go to the A&E, **call 999 for the Police** and stay with them until help arrives.

Another way of supporting a person in crisis may be to encourage them to see their GP. With their permission, you can call their GP surgery to make an appointment, or take them straight there if they are willing to go.

Suicide Prevention Training Awareness Workshops

suicideTALK - Basic awareness level asking "Should we talk about Suicide?" allowing participants to examine their attitudes and thoughts and discuss in a safe space.

safeTALK - Half day training allowing participants to recognise when people are having thoughts of suicide and how to connect them to suicide intervention resources.

ASIST - Intense 2 day training which equips participants to provide suicide first aid and help people with suicidal thoughts.

If you are interested in any of these courses, please contact:

Tel: **0770 9090335**

Email: **chooselife@aapct.scot.nhs.uk**



Do you feel trapped, or have problems that seem unsolvable? Are you thinking about suicide?

Hear from people who've been there, and come out the other side.

Visit:

[www.nhsinform.scot/
surviving-suicidal-thoughts](http://www.nhsinform.scot/surviving-suicidal-thoughts)



MEGAN'S SPACE

It's Time To Talk...

Megan's Space is a respected and trusted charity that focuses on mental health for young people. It is recognised as an expert organisation in the field of child and young adult mental health, suicide prevention, well-being, and support. The charity was established after the tragic loss of Megan, who completed suicide after seven years of mental illness.

Megan's Space aims to prevent self-harm and needless loss of young lives by providing therapeutic interventions early in a young person's episode of dysregulation.

In addition to supporting classic anxiety, low mood, and trauma, they are also developing expertise in areas such as Personality Disorder and PMDD.

If you need help or would like to support Megan's Space, you can visit their website:

www.megansspace.com



Suicide Prevention Toolkit



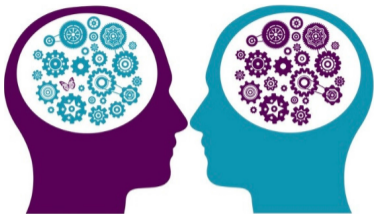
Scan QR code
to download

**Suicide is Preventable.
Suicide is Everyone's Business.**

**Toolkit created in 2023 in North Ayrshire by
a collaboration of Third Sector organisations.**



Mental (Mind) Health & Wellbeing



SLIDING DGEARSORS

changing lives one conversation at a time

Suicide Prevention Peer Support Group

A community helping each other grow
through what they are going through

Thursday 10am - 1pm

Kilwinning Community Sports Club

The Claire Hodge Community Hub

All Welcome



This resource has been compiled by Lifelines, a Saltcoats Link Up volunteer group, to offer a lifeline to anyone with thoughts of suicide and support for families impacted by suicide.

Lifelines are passionate about suicide prevention, reducing stigma and raising awareness of available local and national support services.

In making this resource Lifelines would like to thank Saltcoats Link Up, The Ayrshire Community Trust and The Mental Health and Wellbeing Fund.

Please note that this Directory can also be accessed online at: www.tact.scot/lifelines





Remember you're not alone.
If you have suicidal thoughts,
help is available inside these pages.

Lifelines is supported by Saltcoats Link Up

To contact Lifelines, please email:
lifelines.saltcoats@gmail.com