

# Support if you are feeling suicidal or bereaved by suicide

No one should face this alone. Below are trusted organisations offering immediate support, guidance, and someone to talk to - whether you are feeling suicidal yourself, or grieving the loss of someone to suicide.

## If you are feeling suicidal



If you feel at risk of harming yourself right now, please **call 999** or **go to your nearest A&E** for emergency help.

**SAMARITANS**

Talk to someone, any time, about whatever you're going through. Completely confidential.

**116 123** (free service, 24/7)

[samaritans.org](https://www.samaritans.org)

**shout**  
**85258**

A confidential text messaging support service if you don't feel comfortable speaking aloud.

Text **SHOUT** to **85258**

[giveusashout.org](https://giveusashout.org)

**CAMPAIGN  
AGAINST  
LIVING  
MISERABLY**

Support for anyone at risk of suicide, particularly focused on men.

**0800 58 58 58**  
(5pm–midnight, every day)

[thecalmzone.net](https://thecalmzone.net)

 **PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

Specialist suicide prevention support for young people and their families (for under 35s & those supporting them).

**0800 068 41 41**  
Text: **07860 039967**

[papyrus-uk.org](https://papyrus-uk.org)



Practical and emotional support to prevent suicide and help families.

0300 561 561  
(also available via web form)

[ifucareshare.co.uk](http://ifucareshare.co.uk)



A confidential helpline for anyone struggling with suicidal thoughts.

0800 689 5652  
(6pm–3:30am daily)

[spuk.org.uk](http://spuk.org.uk)



A national mental health support database where you can enter your postcode to find local crisis walk-in centres, Hope Cafés, and other nearby services.

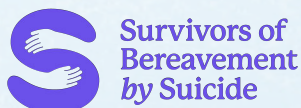
[hubofhope.co.uk](http://hubofhope.co.uk)

## If you are bereaved by suicide



Counselling, resources, and peer support for those bereaved by suicide.

0800 054 8400  
[suicideandco.org](http://suicideandco.org)



A self-help organisation run by people who have experienced suicide loss.

0300 111 5065  
[uksobs.org](http://uksobs.org)



A bereaved-by-suicide support and counselling service, available in some parts of the UK.

[amparo.org.uk](http://amparo.org.uk)