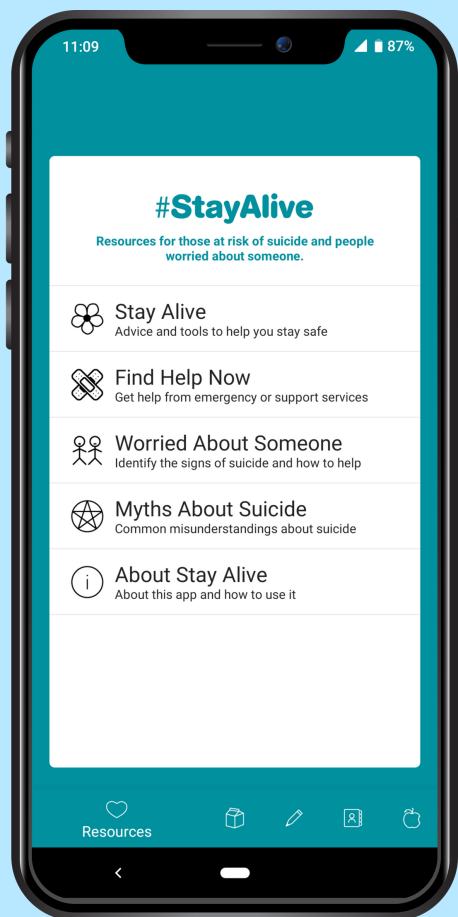


Thinking about suicide?
Worried about someone?

STAYALIVE



Download the award-winning #StayAlive app.
It's free and can help you and others stay safe from suicide.

GRASSROOTS
preventing suicide together





Crisis Support

Quick access to UK national and local crisis support



Staying Safe From Suicide

Steps to take when you are feeling suicidal, or you are concerned about someone else



Safety Plan

A mini-safety plan that can be filled out by anyone thinking about suicide



LifeBox

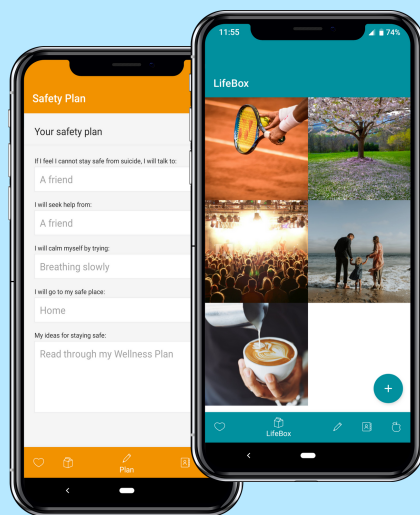
A place to store life-affirming photos



And More

Store Safety Contacts - Customisable Wellness Plan - Suicide Myth-Busting
Research-based Reasons For Living - Online Support Services - Breathing Exercises

**"I have used Stay Alive
with volunteers and
service users across the
UK and the feedback is
consistently positive.
People have used it when
in crisis and say it is
literally life-saving."**



Find help

If someone has seriously harmed themselves or might act on suicidal thoughts, call 999 or go to the nearest A&E. If someone needs help but it's not an emergency, contact one of these helplines. For a full list of resources, download Stay Alive, or visit our website.

NHS 111

call 111
open 24/7

Samaritans

call 116 123
text 07725 90 90 90
open 24/7

Shout

text "Shout"
to 85258
open 24/7

CALM

for men
call 0800 58 58 58
open 5.00pm
to midnight

Papyrus

for people under 35
call 0800 068 4141
text 07786 209697
open 9.00am to 10.00pm