

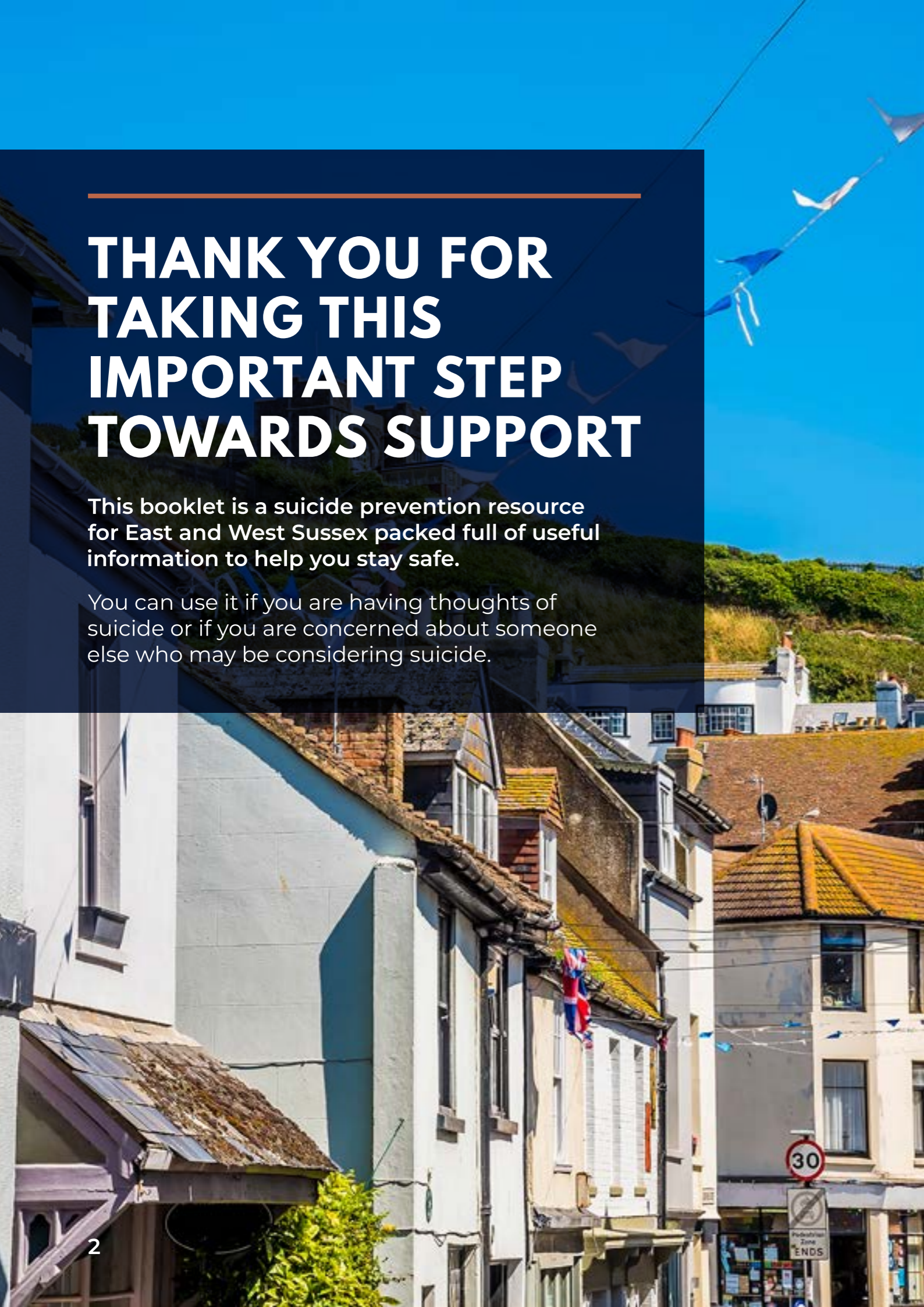


StayAlive

A suicide prevention resource

For those at risk of suicide and
people worried about someone

GRASSROOTS
preventing suicide together



THANK YOU FOR TAKING THIS IMPORTANT STEP TOWARDS SUPPORT

This booklet is a suicide prevention resource for East and West Sussex packed full of useful information to help you stay safe.

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

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Disclaimer
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THINKING ABOUT SUICIDE?

Wait. Decide not to do anything right now to hurt yourself. You do not have to act on your thoughts of suicide. Suicidal behaviour is an attempt to solve what feels like an overwhelming set of problems.

When we are struggling to cope, our mind closes down on creativity and our problem-solving skills become much more limited. Your thoughts and feelings CAN change.

Talk to someone. You could talk to a friend or family member, or a support service of some kind. There are people who want to listen and who can help you - find out more on page 28.

Have a look at other parts of this booklet that could be helpful:

*My Safety Plan,
Reasons For Living
and Looking After
Yourself.*

STAYING SAFE FOR NOW

If you are struggling to stay safe from suicide right now, recognise that you have choices. As well as the choices of suicide or staying alive, you have a third choice; stay safe for now.

HERE ARE SOME IDEAS TO HELP YOU KEEP SAFE.

1. Reach out for support.

Our *Find Help Now* section on page 28 offers numbers of organisations that want to support you. Let someone know how bad things are and accept help.

3. Try not to be on your own.

If at all possible, try and be with someone you trust, who knows that you are thinking about suicide, and who will help you stay safe for now. You might also go to a place that feels safe, or a busy environment where you are not alone.

2. Try to keep yourself safe from anything you might use to harm yourself or try to end your life with.

This might mean removing planned methods of suicide or asking someone to help you with this. This might also mean keeping yourself away from a location. Try to make your home a safe place.

4. Try to avoid alcohol or illegal drugs.

They can make things worse by intensifying your feelings and making you more likely to behave impulsively.

“

It has taken me three years but I finally spoke openly about my thoughts of suicide with a friend. I don't feel like I am dealing with this on my own anymore. I just wish I reached out sooner.

– Tom

”

GROUNDING TECHNIQUES

Making small changes to what you experience in the moment can help deal with overwhelming anxiety, pain or emotions.

HERE ARE A FEW EXAMPLES OF GROUNDING TECHNIQUES:

- ▶ Do an activity that requires focus and attention, to help calm your mind and body.
- ▶ Think about a safe place/activity from your life, that reminds you of a time when you felt safe and calm; try to remember in your mind and body how that felt.
- ▶ Breathe slowly and steadily from your belly, as best you can, and imagine letting go of pain as you breathe out.
- ▶ Stroke your hands over your body; be aware of the physical sensations as you do this, and try to reassure and calm yourself as you do this.
- ▶ Pay attention to your senses: what can you see, hear, smell, taste or feel?
- ▶ Move: try walking, stretching, bending and pay attention to how your body feels.
- ▶ Try holding yourself and rocking yourself, soothing yourself with words or touch.
- ▶ Use your voice: try talking or reading aloud.
- ▶ Write down how you are feeling and what you are thinking.
- ▶ Some people who have thoughts of suicide have found it helpful to keep a diary of situations or events that might contribute to them thinking about suicide. Keeping track of these 'triggers' can help you think about how to respond to them as soon as possible to try to avoid becoming suicidal.
- ▶ If you have had thoughts of suicide in the past, or have attempted suicide in the past, it can be useful to ask yourself the question: 'What did I learn from that situation that could help me now?'. Writing down your ideas about this could remind you of strengths and supports that might be valuable to you now.
- ▶ Finally, you could try imagining a friend of yours is struggling with thoughts of suicide in the same way that you are. How would you try and support them? What would you say to them? How would you show them that you care? Perhaps you can show some of the same kindness and compassion towards yourself.

BREATHING

Focusing on our breath is one of the simplest ways we can help ourselves feel grounded or bring ourselves back into the present moment.

If it feels safe and comfortable to do so, you might find it useful to try the following exercise.

- 1 Make yourself as comfortable as you can, sitting upright and loosening any clothes that restrict your breathing
- 2 If possible, place your feet flat on the ground, roughly hip-width apart.
- 3 Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- 4 Try breathing in through your nose and out through your mouth.
- 5 Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- 6 Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- 7 Try this exercise for 3 to 5 minutes and notice how you feel afterwards.



Photo: Andy Newton

LOOKING AFTER YOURSELF

Trying to take care of yourself is important whether you are thinking about suicide or worried about someone else’s thoughts of suicide.

Looking after yourself can feel difficult at times but can help you to cope with difficult, painful thoughts and feelings. Consciously taking care of yourself can also help you not to get exhausted or overwhelmed, and remind you that you deserve compassion and care, as we all do.

HERE ARE SOME IDEAS ABOUT DIFFERENT WAYS YOU CAN TAKE CARE OF YOURSELF:

- ▶ Eat well and nourish your body

▶ Take some exercise that you enjoy

▶ Enjoy a shower or bath

▶ Try meditating

▶ Watch a movie or some TV that you love

▶ Take time to read something you are interested in
- ▶ Plan an adventure of some kind, however small

▶ Create something with your hands

▶ Start a journal

▶ Spend some time outdoors in nature

▶ Go for a walk and take photos

▶ Cook a good meal for yourself

WELLNESS PLAN



This is my Wellness Plan, where I keep my ideas for things that support my wellness.



In my experience these are the things that support my wellness and work for me:



In my experience these are the people who inspire me and remind me of my values:



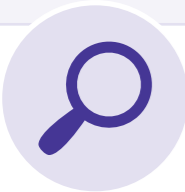
I would like to try these things to support my wellness:

SAFETY PLAN

This is my Safety Plan, where I keep my ideas for what to do in case of crisis. These ideas will help me stay safe from suicide.



If I feel I cannot stay safe from suicide, I will talk to...



I will seek help from...

SAFETY PLAN

This is my Safety Plan, where I keep my ideas for what to do in case of crisis. These ideas will help me stay safe from suicide.



I will go to my safe space...



My ideas for staying safe are...



I will calm myself by trying...

REASONS FOR LIVING

These are my Reasons For Living.
I can circle the ones that apply to me:

UNDERSTANDING MY CHOICES

- ▶ I believe killing myself would not really accomplish or solve anything
 - ▶ I do not want to die
- ▶ I believe I have control over my life and destiny
 - ▶ I am afraid of the actual “act” of killing myself

MYSELF

- ▶ I care enough about myself to live
 - ▶ I have the courage to face life
 - ▶ I want to experience all that life has to offer and there are many experiences I haven’t had yet which I want to have
- ▶ No matter how badly I feel I know that it will not last
 - ▶ I believe I can learn to adjust or cope with my problems
 - ▶ I am afraid of the unknown

FAMILY AND FRIENDS

- ▶ I love and enjoy my family and friends too much and could not leave them
- ▶ I am worried my family and friends might believe I did not love them

HOPES AND BELIEFS

- ▶ I have hope that things will improve and the future will be happier
 - ▶ I believe I can find other solutions to my problems
 - ▶ I believe I can find a purpose in life, a reason to live
- ▶ I am curious about what will happen in the future
 - ▶ Life is all we have and is better than nothing



My own reasons:

LIFEBOX

This is my Lifebox where I can write down memories that are important to me, keep a journal of things I feel grateful for or even keep photos of things that I love.

MYTHS ABOUT SUICIDE

Knowing the facts about suicide can help you better understand how to support yourself or others.

The following pages address some of the most common misconceptions about suicidal thoughts and behaviour.

“ I never really knew what to say. Never really knew how to say it or even how to go there. I worried that I would make it worse. But any conversation that comes from the right place is helpful. Being open and brave can open up a conversation that can be lifesaving. ”

– Jack

Photo: Umit Bulut

MYTH:

Thinking about suicide is rare and unusual.

FACT

Thinking about suicide is part of being human. Anyone has the potential to have thoughts of suicide. 1 in 5 people have thought of taking their own life at some point in their lives. 1 in 15 people are estimated to have made an attempt at some point in their life.

MYTH

Suicide is the only way out.

FACT

Suicide is a possible choice for someone feeling desperate, but there is another choice other than life or suicide. Choosing to stay safe for now is a third choice that many people will make, given the opportunity and support.

MYTH

It is weak or selfish to consider suicide.

FACT

People who attempt suicide are usually struggling with feelings of pain, despair, hopelessness, worthlessness or other overwhelming feelings. They may believe that suicide is the only way out, and be unable to see beyond their intense thoughts and feelings.

MYTH

I have failed if I need to ask for help again and again.

FACT

No matter how many times you have asked for help, it's okay to need help again and again. Reaching out and asking for help is an act of courage, not failure. The fact that you are alive now and asking for help can remind you that you have survival skills you can use again.

MYTH

If I take my own life, people (family, friends, loved ones) will be far better off without me.

FACT

Suicide has a profound and devastating impact on people left behind. Someone considering suicide may feel that they are a burden to others around them, and be unable to recognise the effect that their death will have on loved ones.

**MYTH**

Self-harm is always a sign that someone is thinking about suicide.

FACT

Many people self-harm as a way of coping with difficult feelings, but are not thinking about suicide. If you are concerned that someone's self-harm may be linked to thoughts of suicide, the only way to be sure is to ask.

MYTH

Certain groups of people are at higher risk of suicide and we don't need to worry about people who aren't in those groups.

FACT

Anyone has the potential to have thoughts of suicide. While certain groups do have a statistically higher likelihood of dying by suicide, if we only focus on those groups, we miss all the other individuals who may be struggling with thoughts of suicide.

MYTH

Thinking about suicide means someone is mentally ill.

FACT

Many people who have thoughts of suicide have no mental illness.

MYTH

It's easy to tell if someone's thinking about suicide.

FACT

Sometimes the potential warning signs can be very subtle. A person thinking about suicide may appear to be okay, or even cheerful. Sometimes, particularly if someone has been ill for a long time with depression, making a decision to die by suicide can bring them some relief and their mood can appear to improve. It is important to be alert to changes in someone's behaviour, and to help someone talk about how they are feeling. If we are concerned it is important that we ask about suicide.

MYTH

If someone tells a professional about their thoughts of suicide, they will be sectioned and admitted to hospital (detained under the Mental Health Act).

FACT

A section is only used when three people (an Approved Mental Health Professional or nearest relative and two doctors) agree that the person is suffering from a mental disorder and needs to be detained for assessment or treatment, either for their own safety or others. If a person with thoughts of suicide has no mental illness it is very unlikely that they will be sectioned.

MYTH

Asking someone about suicide will put the idea in their head and make them more likely to kill themselves.

FACT

It is safer to ask about suicide than not to ask about suicide. Research shows that it is not dangerous to ask. If the answer is yes, the person with thoughts of suicide can be supported. If the answer is no, no harm has been done. People often find great relief in being able to openly talk about their thoughts and feelings about suicide.

MYTH

If someone is talking about suicide, it means they are less likely to attempt suicide.

FACT

Many people who attempt or die by suicide give verbal or non-verbal signs to others beforehand. Someone talking about suicide may only just be holding on to life. Any suggestion of suicidal thoughts should always be taken seriously.

MYTH

If someone is suicidal it is my job to persuade them to stay alive.

FACT

The most important thing you can do is help someone to talk about their thoughts and feelings about suicide, and try to understand how they feel. You can also help them to get crisis support if they need it. You might be part of the process of helping somebody choose to stay alive but ultimately they need to do part of this work too.

MYTH

Suicide is easy and painless.

FACT

People may perceive suicide as painless because they anticipate it will bring relief to their own unbearable mental or emotional pain. Dying by suicide is not easy. Many suicide attempts are not fatal and can leave the person with permanent damage to their body and/or brain.

MYTH

Most suicides happen with no warning.

FACT

Most people struggling with thoughts of suicide find a way to communicate that they need help, sometimes at an unconscious level. However, sometimes these warning signs can be missed, dismissed or avoided. It is important to be alert to potential warning signs and be prepared to ask about suicide if you are concerned for someone else.

MYTH

If someone wants to kill themselves, there is nothing that can be done to stop them.

FACT

Suicide can be a preventable death. Research tells us that most people who are suicidal are not 100% decided about dying. A part of them wants to live, and needs help to find a way to stay alive. Doubts about suicide can remain up to and including the point of dying.

MYTH

Depression and suicide are always linked.

FACT

Many people with depression do not think about suicide, and many people die by suicide without having depression. If you are concerned about your mental health or thoughts of suicide it can help to see a GP (family doctor). If you have depression there may be medication or counselling that could help you. Your GP can address any underlying physical health issues.

“ I can remember when I was asked if I was having thoughts of suicide.

I wasn't, but it was nice knowing someone cared. We ended up having a great chat anyway and I was connected to further support. ”

– Tanya

Photo: Priscilla Du Preez

MYTH

Once someone has thoughts of suicide, those thoughts will always be there.

FACT

For most people feeling suicidal is an experience that lasts for a limited time. Research shows that the most intense periods of feeling suicidal will change after around 24 hours. Our thoughts and feelings can change from moment to moment, hour to hour. With help and support a person's feelings about life and suicide can change. However, some people will continue to have times in their life when they consider suicide, and extra support is needed for these people.

MYTH

If someone is suicidal it's none of my business - only mental health professionals can help.

FACT

Suicide prevention is everybody's business. Anyone can learn to support someone who is suicidal. Caring enough to get involved can make a real difference to someone's life.

WORRIED ABOUT SOMEONE?

We don't often talk about suicide so it might seem a little daunting to start a conversation about it, but it's important to remember you don't have to be an expert.

The following pages offer some guidance on how to help someone at risk of suicide.

POTENTIAL WARNING SIGNS

You may have noticed that someone is not behaving as they normally would, or have the feeling that something is not right with that person.

People who are thinking about suicide often find ways to let us know that they need help, whether they are doing this consciously or not. We could call these 'warning signs'.

HERE ARE SOME POTENTIAL SIGNS THAT MIGHT LET YOU KNOW THAT SOMEONE COULD BE THINKING ABOUT SUICIDE:

Actions

Giving possessions away, writing a will, behaving in risky ways, becoming withdrawn, increasing use of drugs or alcohol, stockpiling pills.

Talking about

Feeling that people would be better off without them, that their life has no purpose, saying that they would be better off dead, wanting a way out of pain or a difficult situation.

Life situation involving loss or stress:

Abuse of some kind, bereavement, relationship breakdown, failing exams, rejection, financial difficulties.



DON'T FORGET:

No list is complete, and people are very individual. Be alert to changes in someone that might cause you to be worried. Any of these 'warning signs' might not be connected with thoughts of suicide. The only way to be sure whether someone is thinking about suicide is to ask.

“ We can all help people who are thinking about suicide, it is ordinary members of our community who have helped me most. You don't need to be a professional or do anything extraordinary. Open conversations about suicide and listening are the most powerful tools we have and can save lives. ”

– Ben

PRACTICAL STEPS TO HELP

Be alert as not everyone who thinks about suicide will tell someone, but there may be warning signs.

Be honest if you are worried about someone. Tell them what your concerns are and let them know that you care about them. Give them time and space to talk about how they are feeling right now.

If you feel that this person may be considering suicide, ask them directly if they are thinking about suicide. This can be a daunting question, but it is safe to ask and helps both of you to be clear about the situation. Asking about suicide shows that you care enough to want to know how someone really is and gives them permission to talk honestly about a difficult and stigmatised subject.

THERE ARE MANY WAYS TO ASK A CLEAR, DIRECT QUESTION ABOUT SUICIDE. HERE ARE A FEW EXAMPLES:

“Sometimes when people talk about the feelings/situations you’ve been describing, they’re thinking about suicide. Are you thinking about suicide?”

“The things you’ve been saying make me wonder if you’re thinking about suicide. Is that how you’re feeling right now?”

“Have things got so bad that you are thinking about suicide?”



USE YOUR OWN WAY TO ASK

The most important thing is that the question is clear and direct, so that you can both be clear about the answer. Asking is safer than not asking, and asking someone about suicide doesn't make it more likely that they will attempt suicide - quite the reverse.



Photo: Jack Finnigan

Listen without judgement and help them talk.

Just having someone to listen to their thoughts and feelings with compassion and patience can help people feel less alone and less overwhelmed.

► Help the person to get help.

It's OK if you don't know how; the ideas on pages 28 - 35 can help you get started.

► Find out what kind of help they would appreciate.

It might not be from a professional service but could be a friend, family member, partner or other trusted person.

► Help them stay safe while help is being arranged.

► Take care of yourself.

It is important that you look after your own wellbeing too. You may find it helpful to discuss your feelings with a friend, or a confidential service.



Photo: Dennis Brend

THINGS TO AVOID

When talking to someone about suicide listening is one of the **most helpful things you can do**. It can be important to remember that it's not your responsibility to change the person's mind about suicide. Know that just being there will help.

- ✗ Telling the person why you think they should stay alive (listening is much more helpful).
- ✗ Trying to fix the person's problems or offering solutions to their feelings.
- ✗ Trying to cheer the person up or distract them from their thoughts of suicide.
- ✗ Saying 'I know how you feel'.
- ✗ Judging the person or their experience.
- ✗ Panicking.
- ✗ Denying their feelings.



LEARN MORE

To find out more about further suicide prevention training options, and Grassroots' work to prevent suicide in Sussex, please visit:

www.prevent-suicide.org.uk

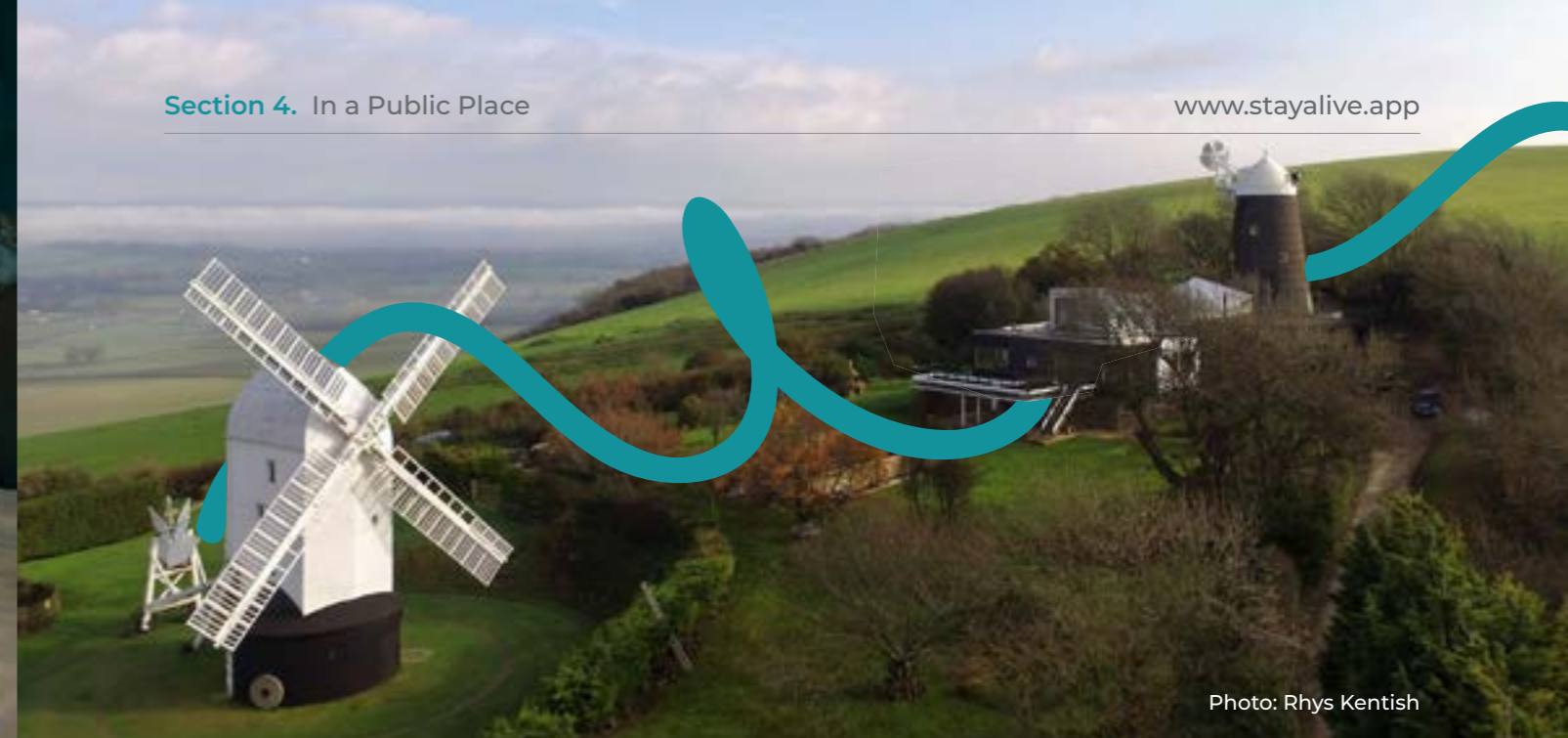


Photo: Rhys Kentish

IN A PUBLIC PLACE

You may see someone in a public place who you think is at risk of suicide. If it is safe for you to do so, try to follow these steps:

- ▶ Send someone else to get help if possible
- ▶ Engage the person in conversation.
- ▶ Help them stay safe while help is being arranged.
- ▶ Don't be afraid to ask if they're thinking about suicide.
- ▶ Listen without judgement and help them talk about what has brought them to this point.
- ▶ Reassure them help is available and offer to contact a helpline if they would like you to do this. See the '[Find Help Now](#)' Section.
- ▶ Stay with them until help is in place.
- ▶ Keep yourself safe
Never endanger your safety to help someone else.

“

I think the hardest thing was not wanting to make things worse and that stopped me talking to someone I was worried about. I want people to know, it is okay to share your concerns and it helped my friend stay alive.

– Charlie

”

FIND HELP NOW

There's no shame in reaching out for help if you are feeling stressed, depressed or experiencing suicidal crisis in some form. If you're not sure of who to reach out to in your community, some of the services on these pages could help. People who care are ready to help you right now.



This is not a comprehensive list. If you have access to the internet, you can find a large database of resources at www.stayalive.app

NATIONAL CRISIS LINES

If you or someone you know has taken steps to end their life, or is in immediate danger please call **999**.

You can also visit or call your nearest accident and emergency department and tell the staff team that you are thinking about suicide, or with a person who is thinking about suicide.

NHS 111

If you can keep yourself safe for a short while, but you still need urgent advice, trained helpers are on hand.

- ▷ Call 111
- ▷ Open 24/7 every day

Samaritans

Providing emotional support to anyone in distress, struggling to cope, or at risk of suicide.

- ▷ Call 116 123
- ▷ Open 24/7 every day

Sane

National out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers.

- ▷ Call 0300 304 7000
- ▷ 4:30pm to 10:30pm every day

Hopeline UK

Confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned about them

- ▷ Call 0800 068 4141
- ▷ Text 07860 039967
- ▷ Open 9am - midnight every day

CALM

For people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support.

- ▷ Call 0800 58 58 58
- ▷ 5pm to midnight every day

Shout

Text service for those worried about mental health, bullying or wellbeing.

- ▷ Text "Shout" to 85258
- ▷ Open 24/7 every day

FURTHER SUPPORT

AGE

- Age UK – Sussex**
Support, advocacy, information and activities for older people.

 - ▶ Brighton & Hove: 01273 720603
 - ▶ East Sussex: 01273 476704
 - ▶ West Sussex: 0800 019 1310
- The Silver Line – For Over 55s**
Free helpline providing information, friendship and advice for those 55+

 - ▶ Call 0800 470 8090
- Hourglass**
Hourglass confidential Helpline provides information and support to anyone concerned about harm, abuse or exploitation of an older person

 - ▶ Call 0808 808 8141
- Lifelines – For Over 50s**
Activities and support for people aged 50+ in Brighton & Hove

 - ▶ Call 01273 688 117

BLACK, ETHNIC MINORITY

- Black Minority Ethnic Community Partnership**
Offering community services in Brighton

 - ▶ Call 0300 303 1171
- Black and Minority Ethnic Young People’s Project**
Safe spaces and opportunities for young people to access support, learn new skills and meet others.

 - ▶ Call 01273 609 298

BEREAVEMENT

- Survivors of Bereavement by Suicide**
Advice, support and groups for those bereaved by suicide.

 - ▶ Call 0300 111 5065
- Sussex Suicide Bereavement Support Service**
Service for anyone in Sussex who has been affected by a suicide or possible suicide, however long ago.

 - ▶ Call 07376 616 628
- Cruse Bereavement**
Helpline offering emotional support to anyone affected by bereavement.

 - ▶ Call 0808 808 1677
- Facing The Future**
Brighton-based group support sessions for those bereaved by suicide.

 - ▶ Call 0208 939 9560

DISABILITIES

- Possability People**
Supporting disabled people to live independently, with dignity and without prejudice.

 - ▶ Call 01273 89 40 40
- Amaze**
Support for families with disabled children and young people in Sussex.

 - ▶ Call 01273 772 289
- Blatchington Court Trust**
Setting young blind and partially sighted people throughout Sussex on the path to live their best life.

 - ▶ Call 01273 727 222

DOMESTIC OR SEXUAL VIOLENCE

- The Portal**
Referral service for survivors of abuse and violence in Sussex.

 - ▶ Call 0300 323 9985
- Rise UK**
Emotional support and practical advice to survivors of domestic abuse and their families.

 - ▶ Call 01273 622 822
- Survivors Network**
Supporting survivors of sexual violence and abuse in Sussex.

 - ▶ Call 01273 720 110
- National Rape Crisis Line**
Offering confidential emotional support, information and referral details.

 - ▶ Call 0808 802 9999

DRUG & ALCOHOL RECOVERY

- Change Grow Live**
A free and confidential drug and alcohol support service.

 - ▶ Brighton & Hove 0300 3038 160
 - ▶ East Sussex 0300 3038 160
- ▶ West Sussex 00330 128 1113

EATING DISORDERS

- BEAT Eating Disorders**
Support for people who have or are worried they have an eating disorder, as well as others affected

 - ▶ Call 0808 801 0677
- Anorexia & Bulemia Care**
On-going care, emotional support and practical guidance for anyone affected by eating disorders and eating distress.

 - ▶ Call 03000 11 12 13

FURTHER SUPPORT

FINANCES

- Money Advice Plus**
Face-to-face or telephone appointments for anyone who lives in Brighton & Hove, to advise about debt or benefits.

 - ▶ Call 01273 664 000
 - ▶ Urgent Advice: 0800 988 7037
- Citizens Advice**
Providing free confidential and impartial advice on big issues affecting people’s lives.

 - ▶ Brighton & Hove: 0300 330 9033
 - ▶ East Sussex: 03444 111 444
 - ▶ West Sussex: 0344 477 1171
- Money Advice Service**
Provides free and impartial money advice and support including advice and guides to help improve finances.

 - ▶ Call 0800 138 7777

GAMBLING

- Breakeven**
Sussex-based support for those effected by problem gambling.

 - ▶ Call 01273 833 722
- Gamcare**
Free information, advice and support for anyone affected by problem gambling.

 - ▶ Call 0808 8020 133

HOUSING

- Southdown**
Employment, housing and homelessness support in Sussex.

 - ▶ Call 01273 405 800
- Brighton Housing Trust**
A housing trust and homelessness charity whose essential services support those in Brighton, Eastbourne, Hastings and across Sussex.

 - ▶ Brighton : 01273 645 455
 - ▶ Eastbourne: 01323 642 615
 - ▶ Hastings: 01424 452 618
- Shelter**
Housing advice line if you’re facing housing issues or homelessness.

 - ▶ Call 0808 800 4444

LGBT

- LGBT Switchboard**
Brighton-based charity offering community, support or information.

 - ▶ Call 01273 359042
- Switchboard - LGBT+**
National switchboard for LGBT+ advice.

 - ▶ Call 0300 330 0630
 - ▶ 10am to 10pm every day
- MindOut**
Mental health support service run by and for lesbians, gay, bisexual, trans, and queer people.

 - ▶ Call 01273 234 839

LONELINESS

- Time To Talk Befriending**
Services, community outreach and seasonal campaigns across Brighton, Hove and Worthing.
- ▶ Brighton & Hove 01273 737 710
 - ▶ Adur & Worthing 01903 898 696

MIGRANT SUPPORT

- Migrant Help UK**
Providing support for those seeking asylum and protecting those affected by displacement and exploitation.
- ▶ Call 0808 8010 503

PRISON & PRISON LEAVERS

- Unlock**
Support for prisoners, prison leavers and those with convictions.

 - ▶ Call 01634 247 350
- Sussex Prisoners’ Support**
Advice and support for local families to cope emotionally and practically with the imprisonment of a loved-one.

 - ▶ Prisoners’ Families 01273 499 843
 - ▶ Offenders’ Families 0808 808 2003

SELF HARM

- Self Injury Support**
Text and phone support for women and girls effected by self injury.
- ▶ Call 0808 800 8088

TRAVELLERS

- Friends of Families & Travellers**
Promoting health and wellbeing, and providing advice for Gypsy, Traveller and Roma communities.
- ▶ Call 01273 234 777

Photo: Ashley Richards

FURTHER SUPPORT

VETERANS

Veterans Gateway

Get veteran focused information, advice and support.

▷ Call 0808 802 1212

Combat Stress UK

Mental Health Support for Veterans.

▷ Call 0800 138 1619

YOUNG PEOPLE

Young Minds

Text support service and advice for young people.

▷ Text 'YM' to 85258
▷ Parents 0808 802 5544

The Mix

Support and advice helpline for Under 25s.

▷ Call 0808 808 4994

Childline

Childline is here to help anyone under 19 in the UK with any issue they're going through, big or small.

▷ Call 0800 1111

Child and Adolescent Mental Health Service

CAMHS is the name for the NHS services that assess and treat young people with emotional, behavioural or mental health difficulties.

▷ Chichester – 01243 813 405
▷ Worthing – 01903 286 754
▷ Lewes – 01273 402 510
▷ Uckfield – 01825 745 001
▷ Brighton – 01273 718 680
▷ Hailsham – 01323 446 070
▷ Horsham – 01403 223 344
▷ Hastings – 01424 758 905

SUSSEX SUPPORT

Sussex Mental Healthline

A trained and experienced team is on hand ready to listen and offer urgent mental health support.

▷ Call 0800 0309 500
▷ Open 24/7

Mental Health Rapid Response Service

An urgent response service for those in Brighton & Hove when they feel they are in mental health crisis.

▷ Call 0300 304 0078
▷ Open 24/7

Staying Well Space

An out-of-hours mental health crisis prevention service, provided at St Leonards-On-Sea, Eastbourne and Brighton Wellbeing Centres.

▷ Call 0800 023 6475

Community Roots

Brighton and Hove service network. If you or someone else needs support they will help you navigate and access services.

▷ Call 0808 196 1768

Rethink: Survivors of Suicide (SOS)

Support, information and advocacy to those in Brighton & Hove, with thoughts of suicide or previous suicide attempts, or those bereaved by suicide.

▷ Call 01273 709 060

Mind

Offering mental health support.

▷ Brighton & Hove 01273 666950
▷ Hastings, Eastbourne 01903 227000
▷ Midhurst 07474 871 899
▷ Worthing 01903 268 107

Samaritans

Providing emotional support to anyone in distress, struggling to cope, or at risk of suicide.

▷ Call 116 123 ▷ Open 24/7 ▷ Local drop in times may vary
▷ Brighton - Dubarry House, Newtown Road, Hove BN3 6AE
▷ Worthing - 2 Lennox Road, Worthing BN11 1DA
▷ Horsham - 21 Denne Road, Horsham RH12 1JE
▷ Bognor Regis - 13 Argyle Road, Bognor Regis PO21 1DY
▷ Eastbourne - The Haven, 13 Bolton Road, Eastbourne BN21 3JT

GRASSROOTS
preventing suicide together

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Thinking About Suicide? Worried About Someone?

This booklet is a suicide prevention resource packed full of useful information and tools to help you or someone you care about stay safe.

If you or someone you know has taken steps to end their life, or is in immediate danger, please call **999**.

There are trained people who care and want to help anyone struggling with difficult feelings.

Sussex Mental Healthline

A trained and experienced team is on hand ready to listen and offer urgent mental health support.

- ▷ Call **0800 0309 500**
- ▷ Open 24/7

NHS 111

If you can keep yourself safe for a short while, but you still need urgent advice, trained helpers are on hand.

- ▷ Call **111**
- ▷ Open 24/7

Samaritans

Providing emotional support to anyone in distress, struggling to cope, or at risk of suicide.

- ▷ Call **116 123**
- ▷ Open 24/7

You can find contact details for further organisations who are able to offer support on pages **28 - 35**.

Grassroots Suicide Prevention

The information in this booklet is correct at the time it was printed (March 2021).

Registered charity number 1149873

www.stayalive.app

