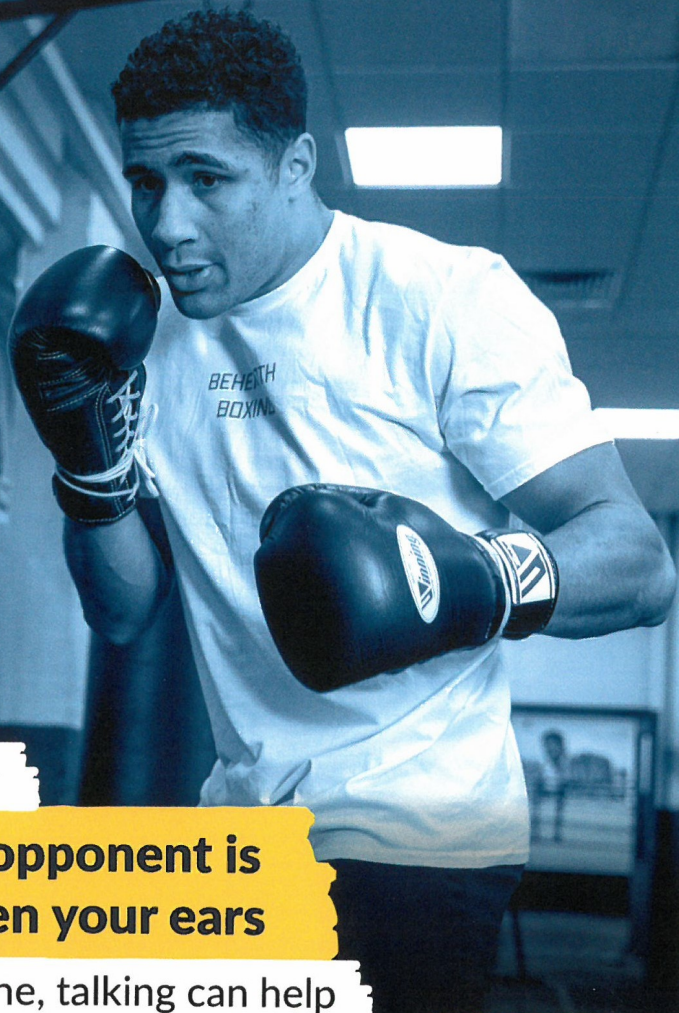




**NOW
WE'RE
TALKING**
ACTING TOGETHER
TO PREVENT SUICIDE



Delicious Orie - GB Boxer

**Your toughest opponent is
the one between your ears**

Don't struggle alone, talking can help

**If you're struggling to cope then call the Urgent
Mental Health helpline on 0808 196 9127**

**or text SHOUT to 85258
#PreventSuicideTogether**



Where can I find support?

Herefordshire & Worcestershire 24/7 NHS Urgent Mental Health Helpline (all ages)

Offers advice, support and assessment for anyone experiencing a mental health crisis. Mental health advisors will be able to listen to your concerns and make appropriate plans with you. They will transfer your call to a trained mental health clinician if needed.

Tel: 0808 196 9127

Herefordshire Mind's Safe Haven

(5pm-10pm, last admission 9pm)

A warm and welcoming evening space that provides empathy, support, and safety to anyone aged 18 and above experiencing high emotional distress and/or suicidal thoughts.

Heffernan House, 130-132 Widemarsh Street, HR4 9HN

01432 372407

safehaven@herefordshire-mind.org.uk

Worcestershire Safe Haven - Springfield Mind

(6pm-1am, last calls 12.20am)

Provides a listening ear, support, and signposting information to those aged 18 and above who are experiencing a mental health crisis.

Same night face to face appointments are available to callers who meet the criteria.

These take place in Redditch Town Centre.

01905 600 400

Did you know?

Free, anonymous online mental health and wellbeing support and counselling is available for residents of Herefordshire & Worcestershire.

Kooth is for young people aged 11-18
www.kooth.com

Qwell is for anyone aged 19+
www.qwell.io

Herefordshire & Worcestershire NHS Healthy Minds also provides a range of free confidential support for adults **www.healthyminds.whct.nhs.uk**

If you're struggling, you can also...

Call **116 123** to talk to Samaritans or email **jo@samaritans.org** for a reply within 24 hours.

Text **'SHOUT'** to **85258** free on all major networks, for anyone in crisis anytime, anywhere.

Call HOPELINE UK on **0800 068 4141** for confidential support & advice if you're a young person (under 35) or are worried about a young person. You can text on **07860039967** or email **pat@papyrus-uk.org** (9am-midnight).

If you're feeling down and need someone to listen, **CALM** provide support & information. Call **0800 58 58 58** or chat online via **www.thecalmlzone.net** (5pm-midnight)

Older people can call The Silver Line (24hrs) on **0800 470 8090** for free, confidential information, friendship and support.

The **Stay Alive App** offers help and support to people with thoughts of suicide and to concerned others. **www.stayalive.app**