

Online training courses recommended by [Champs Public Health Collaborative](#). Smart phone Apps and telephone support lines that offer awareness and information to support individuals experiencing suicidal thoughts and feelings. [Champs | Public Health Collaborative \(champspublichealth.com\)](#)



*Gateway Training – a introduction to suicide prevention 5–10-minute session.

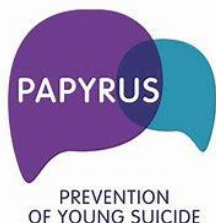
*In Depth Suicide Awareness Training – gain more knowledge and understanding 20-minute session.

*Find the ZSA Zero Suicide Alliance training



StayAlive Smart Phone App is a useful resource that offers a safety plan and wellness tools. Access to national crisis support lines and how to help a person thinking about suicide.

[StayAlive - Essential suicide prevention for everyday life](#)



Papyrus Call: [0800 068 4141](tel:08000684141) Text: [07860039967](tel:07860039967)

[HOPELINEUK - Papyrus UK | Suicide Prevention Charity \(papyruuk.org\)](#)



Shout 24/7 text

Text: 85258

[Free, 24/7 mental health text support in the UK | Shout 85258 \(giveusashout.org\)](#)



Samaritans support Line

Call: 116 123

[Talk to us on the Phone | Samaritans](#)

#Stay Alive

A suicide prevention pocket resource for the UK

Stay Alive offers help and support both to people with thoughts of suicide, and to people concerned about someone else.

Features include:

- Quick access to national crisis support helplines
- Strategies for staying safe from suicide
- How to help a person thinking about suicide
- A mini-safety plan
- A LifeBox to keep images reminding the user of their reasons to stay alive
- Suicide myth-busting

#StayAlive suicide prevention app
To download the app visit your phone's app marketplace.

Download on the App Store | GET IT ON Google play

 **GRASSROOTS**
SUICIDE PREVENTION



6 JULY 2015, SPRINGHAM
PATIENT SAFETY AWARDS
WINNER





StayAlive.jpg



Amparo.jpg



Amparo can support you following a suicide in a range of ways,

- ✿ One to one individual support
- ✿ Help with any media enquiries
- ✿ Practical support when dealing with the Police or Coroner
- ✿ Help overcoming feelings of isolation
- ✿ Putting you in touch with local services that can help

 **0330 088 9255**



amparo.service@listening-ear.co.uk



[@AMPARO_LEM](https://twitter.com/AMPARO_LEM)



www.listening-ear.co.uk/amparo

Useful Contacts

PAPYRUS  **0800 068 41 41**

Prevention of Young Suicide

SOBS  **0300 111 5065**

Survivors of Bereavement by Suicide

CALM  **0800 58 58 58**

www.thecalmzone

Campaign Against Living Miserably

SAMARITANS  **116 123**


A safe place for you to talk any time you like



LISTENING EAR
someone to talk to



Papyrus.jpg



SUICIDE

the biggest killer of
young people in the UK.

HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be, you can contact **HOPELINEUK** for confidential support and practical advice.

Call: 0800 068 4141

Text: 07786209697

Email: pat@papyrus-uk.org

Opening hours:

10am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

www.papyrus-uk.org



PAPYRUS
PREVENTION OF YOUNG SUICIDE