

Let's Talk about... Suicide Prevention

Suicide is preventable – If you or someone you know is having suicidal thoughts, this information can help you to get the right support.

Every year over 6,000 people in the UK take their own lives, with men nearly three times as likely to take their own lives than women, one reason for this is that men are less likely to ask for help or express depressive or suicidal feelings. Many other people will also attempt to kill themselves, or experience suicidal thoughts. Each life lost to a suicide is a tragedy and represents a person who is in tremendous emotional pain. Suicide has a devastating impact on family, friends and colleagues. There are multiple risk factors, including financial difficulties, emotional and relationship problems, physical illness or disability, mental health problems such as depression, social isolation and a history of substance misuse. Without suitable support people can become overwhelmed by the issues that they face.

We can help prevent deaths by suicide in Walsall by supporting people who are in severe distress. Helping them get to appropriate services is their first step towards hope and recovery.

Help and Support is available if you or someone you know are having suicidal thoughts or feel like harming yourself

If you need urgent support: Go to your nearest Accident and Emergency department (A&E) or Call 999 if you are at risk of harming yourself or others.

For non-emergency situations: Visit your GP

National support and helplines

Samaritans: Tel. 116 123. Offering emotional support 24 hours
Email: jo@samaritans.org Web: www.samaritans.org

SANEline: 0300 304 7000. Provides mental health information and support between 4 pm – 10 pm daily. http://www.sane.org.uk/what_we_do/support/

C.A.L.M: 0800 58 58 58. National helpline for men to talk about any issues they are feeling. Helpline and livechat open 5 pm to midnight, 365 days a year. <https://www.thecalzone.net/help/>

Rethink Advice and Information Service: 0300 5000 927. Opening hours are 9:30am to 4pm Monday to Friday <https://www.rethink.org>

Papyrus UK: 0800 068 41 41 (under 35s) HOPELINEUK is open 9am – midnight. Text: 07860 039967
Email: pat@papyrus-uk.org . Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org)



Stay Alive App - The Stay Alive app, developed by Grassroots Suicide Prevention, is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. Download the Stay Alive app from your app store

Local support available in the Walsall area

Black Country 24/7 urgent mental health line: 0800 008 6516. This service offers a free 24/7 helpline for people in the Black country who require support on urgent mental health concerns. Text message 07860 025 281

Rethink Mental illness Walsall Enablement & Recovery Service: 01922 494479. We have a telephone helpline open to anyone living in Walsall who needs support/signposting. We are mainly a 9am-5pm Monday-Friday service, although we can work in the evening/weekends if there is demand, so please check with staff. If you would like support, please call us.

The Sanctuary Hub: 1 Queens Parade, Bloxwich, Walsall WS3 2EX - Open evenings 5 – 10 pm on weekdays including Bank holidays - Saturday and Sunday 12pm-11pm. The Hub is a safe place and friendly place you can go to access support from outside of usual mental health services hours. Feeling unable to cope? Lonely or isolated? If you're feeling overwhelmed and don't know where to turn to get mental health support and your usual source of support is closed, come to The Sanctuary Hub. Enquiries: 0808 802 2288

Men with Anxiety and Depression Support Group: A place where men from Walsall suffering from Depression, Anxiety, low mood etc. can meet up for a brew and a chat. The group meets on Wednesdays from 4.30 – 6 pm at Ryecroft Community Hub. For information contact Richard – 07943 011695 or Martin – 07483 333171

Black Country Support after Suicide Service: Email: blackcountysupportaftersuicide@rethink.org Call: 0800 008 6516

Walsall Bereavement Support Service: Offers support for those bereaved by suicide'. <http://www.wbss.org.uk> 01922 724841

It's OK not to be OK – Make that call and get the help that is there for you

