

## World Suicide Prevention Day: 10 September 2021

- World Suicide Prevention Day
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- The Stay Alive app
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- PAPHOS' debrief service
- Happy? OK? Sad? a mental health site for people who live or work in Warrington
- Free online suicide prevention training
- In Your Corner – Warrington's mental health campaign for men and young people

### World Suicide Prevention Day

World Suicide Prevention Day 10.9.21 encourages us all to take action and create hope. Find ideas for simple actions here <https://bit.ly/3gLEehE> #WSPD2021

If someone's struggling ask them how they are. Talk, but listen too. Reach out with empathy & warmth. [www.happyoksad.org.uk](http://www.happyoksad.org.uk) #WSPD2021

In the bustle of a busy day, just take a minute to ask how someone is & listen to their reply. Talking changes lives. [www.happyoksad.org.uk](http://www.happyoksad.org.uk) #WSPD2021

Connecting with someone who's isolated, or lonely and showing you care can make all the difference [www.happyoksad.org.uk](http://www.happyoksad.org.uk) #WSPD2021

Compassion, warmth and acceptance can make a powerful difference to someone who's struggling to cope. [www.happyoksad.org.uk](http://www.happyoksad.org.uk) #WSPD2021

Support from mates, acceptance, a listening ear, time to talk: powerful things when times are hard. [www.happyoksad.org.uk](http://www.happyoksad.org.uk) #WSPD2021

A smile, a word of support, a chance to talk about troubling thoughts can turn bad day around. [www.happyoksad.org.uk](http://www.happyoksad.org.uk) #WSPD2021

You could also share some of the other suggested posts from the International Association for Suicide Prevention, which you'll find [here](#).

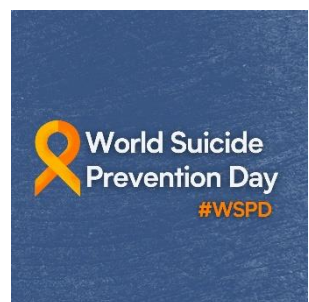
### Support for people in crisis

#### Support services: Samaritans

Whatever you're going through, you can contact Samaritans 24/7 on 116 123 or [www.samaritans.org](http://www.samaritans.org)



Talking saves lives. If something's troubling you, talk to someone you trust. You can contact Samaritans 24/7 on 116 123.



When life's difficult, Samaritans are there to listen 24/7, so you don't have to face it alone. You can call free on 116 123, or email [jo@samaritans.org](mailto:jo@samaritans.org). Whoever you are and whatever you're facing, Samaritans won't judge you, or tell you what to do. [www.samaritans.org](http://www.samaritans.org)

### Support services: PAPYRUS

PAPYRUS' HOPELINEUK is for young people who feel suicidal, and anyone concerned about a young person. Call 0800 068 41 41, text 07860 039967, [www.papyrus-uk.org](http://www.papyrus-uk.org)



Being young can be tough, if you're finding it hard to cope, or thinking of suicide, PAPYRUS' HOPELINEUK can offer support, call 0800 068 41 41, text 07860 039967

### Support services: CALM

CALM's phonenumber and webchat, are open 365 days a year, 5pm to midnight. CALM is for anyone in the UK who is down and needs support or information: 0800 58 58 58, [www.thecalmzone.net](http://www.thecalmzone.net)

CALM runs an anonymous and confidential helpline and webchat service for anyone in the UK who needs to talk. 5pm to midnight, every night 0800 58 58 58 [www.thecalmzone.net](http://www.thecalmzone.net)



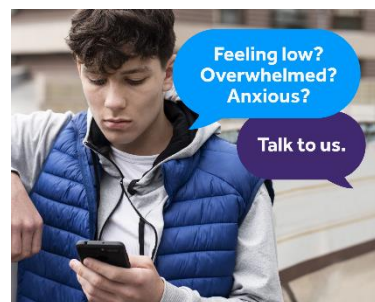
### Support services: Shout



**Text REACH to 85258**  
for free and confidential support 24/7



**Text REACH to 85258**  
for free and confidential support 24/7



**Text REACH to 85258**  
for free and confidential support 24/7



### Support services: Samaritans, PAPYRUS, CALM, Shout

Life can be tough. Anyone can have suicidal thoughts. Help is out there @theCALMzone @samaritans @PAPYRUS\_tweets @GiveUsAShout

If someone's struggling, don't be afraid to ask about suicide. Find help @theCALMzone @samaritans @PAPYRUS\_tweets @GiveUsAShout

If you're thinking of suicide, then talk to someone @theCALMzone @samaritans @PAPYRUS\_tweets @GiveUsAShout

When things are tough talking helps, support is out there @theCALMzone @samaritans @PAPYRUS\_tweets @GiveUsAShout

## Local 24/7 Mental Health Crisis Line

**Need urgent help with your mental health?**

Live in **Halton, Knowsley, St Helens or Warrington?**  
Call us on our **Freephone number**. We can help.

0800 051 1508

Merseycare.nhs.uk

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Merseycare.nhs.uk

The crisis line number is for people of all ages, including children and young people.

## Stay Alive App

It's OK to talk about suicide. Let's start a conversation and break the stigma. If you're feeling suicidal, then download the StayAlive app for support. #StayAlive <http://bit.ly/stayalivecm>



Thinking about suicide? Worried about someone?

# STAYALIVE

Download the award-winning #StayAlive app. Now upgraded for 2020 with a range of new features and access via web browser.

- Safety Plan**  
A customisable plan for keeping you safe from suicide.
- LifeBox**  
A place to store your life-affirming photos or videos.
- Find Help now**  
Quick access to large database of UK national and local support.

GRASSROOTS preventing suicide together

Talking about suicide isn't easy. The StayAlive app can help you manage suicidal thoughts and direct you to local support and advice #StayAlive.

<http://bit.ly/stayalivecm>

It's important to listen if you think someone maybe feeling suicidal. Talk. Listen. Download the StayAlive app for guidance on what you can do to prevent suicide. #StayAlive <http://bit.ly/stayalivecm>

## Suicide bereavement support: AMPARO, SOBS

Have you been bereaved by suicide? You're not alone [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk) Helpline 0300 111 5065, 9am to 9pm Mon-Sun.



If you live in Warrington & have been bereaved or affected by suicide, Amparo can help you find support: 0330 088 9255

<https://amparo.org.uk/>

## PAPYRUS' debrief service



People of any age can ring PAPYRUS' HOPELINEUK on 0800 068 41 41, to debrief, after a recent encounter with suicide.

PAPYRUS' Debrief Service 0800 068 41 41 is for anyone who has had a recent encounter with suicide, or who has recently witnessed a suicide.

## Happy? OK? Sad? general

For information about mental health support services in Warrington and what to do if you can't cope visit [www.happyoksad.org.uk](http://www.happyoksad.org.uk)



The Warrington site [www.happyoksad.org.uk](http://www.happyoksad.org.uk) has details of local and national mental health support services

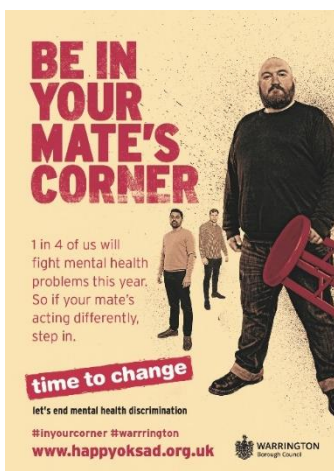
If someone you know needs help, [www.happyoksad.org.uk](http://www.happyoksad.org.uk) has a directory of mental health support services

## Free suicide prevention e-learning

If someone's struggling, talk with them, [www.zerosuicidealliance.com](http://www.zerosuicidealliance.com) has FREE suicide prevention training. For details of support services visit [www.happyoksad.org.uk](http://www.happyoksad.org.uk)



It's OK to ask about suicide. [www.zerosuicidealliance.com](http://www.zerosuicidealliance.com) has two FREE, suicide prevention sessions. For details of support services visit [www.happyoksad.org.uk](http://www.happyoksad.org.uk)



## In Your Corner

How's it going? Three small words can make a big difference. If a mate's feeling down then keep in touch. #inyourcorner #warrington, [www.happyoksad.org.uk](http://www.happyoksad.org.uk)

If a mate's struggling, then step in. Talk, listen too. You don't need to solve things, just being there can help #inyourcorner #warrington, [www.happyoksad.org.uk](http://www.happyoksad.org.uk)

If your mate's acting differently, don't judge,

step in. Text, call, reach out. Be yourself, do everyday things #inyourcorner #warrington, [www.happyoksad.org.uk](http://www.happyoksad.org.uk)

