



CARE: Crisis/Conversation • Assist • Refer • Encourage  
STOP: Safety • Talk • Opportunity • Plan

# Talk:2

## Suicide Prevention Support

<b>Samaritans</b>	24/7: 116 123 / <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	Chris. Freepost RSRB-KKBY-CYJK PO Box 9090, Stirling FK8 2SA
<b>Papyrus</b>	0800 068 4141 / 07786 209 697	Under 35s. 9am – 10pm
<b>CALM</b>	0800 58 58 58	Men. 5pm - midnight
<b>Crisis Line</b>	<a href="https://www.crisistextline.uk">https://www.crisistextline.uk</a>	Any age 24/7 crisis text line. <b>SHOUT</b> to <b>85258</b>
<b>If U Care Share</b>	<a href="https://www.ifucareshare.co.uk">https://www.ifucareshare.co.uk</a>	Supporting affected by suicide. <b>IUCS</b> to <b>85258</b>
<b>SOBS</b>	<a href="http://www.uksobs.org">www.uksobs.org</a> 0300 111 5065	Survivors of Bereavement by Suicide 9am–10pm M-F
<b>Amparo (Cov/Warks)+</b>	<a href="http://www.amparo.org.uk">www.amparo.org.uk</a> 0330 088 9255	Suicide bereavement support <a href="http://www.listening-ear.co.uk">www.listening-ear.co.uk</a>
<b>Kaleidoscope</b>	0121 565 5665	24/7 Suicide Bereavement Support Services
<b>Stay Alive</b>	App Store	24/7 information and tools
<b>Staying Safe</b>	<a href="http://www.stayingsafe.net">www.stayingsafe.net</a>	Ideas and support for choosing to stay safe
<b>R;pple</b>	<a href="http://www.ripplesuicideprevention.com">www.ripplesuicideprevention.com</a>	Software to populate on screen Suicide support
<b>SANE</b>	0300 304 7000	4.30pm – 10.30pm Mental Health Helpline
<b>Mind Infoline</b>	0300 123 3393 / text: 86463	9am – 6pm Mon to Fri (not BH)
<b>NSPA</b>	<a href="http://www.nspa.org.uk">www.nspa.org.uk</a>	Suicide library of resources and support

## National Support

<b>Blue Light Infoline</b>	0300 303 5999	999 Staff, Families, Volunteers 9-6 M-Fri, no BH
<b>Childline</b>	0800 1111	Under 19s. 24/7
<b>The Mix</b>	0808 808 4994	U25s. 2pm – 11pm Sun – Fri. <b>THEMIX</b> to <b>85258</b>
<b>Diana Award: Crisis</b>	<a href="https://diana-award.org.uk/news/diana-award-crisis-messenger/">https://diana-award.org.uk/news/diana-award-crisis-messenger/</a>	Young person, 24/7text support. <b>DA</b> to <b>85258</b>
<b>Mind of my Own</b>	App stores/ <a href="http://mindofmyown.org.uk">mindofmyown.org.uk</a>	Young person's app to say how they are feeling
<b>Kooth</b>	App stores / <a href="http://www.kooth.com">www.kooth.com</a>	Online wellbeing support and chat
<b>Big Deal?</b>	<a href="http://www.bigdeal.org.uk">www.bigdeal.org.uk</a> 0808 8020 133	Gambling info, advice, chat for young people
<b>Beat</b>	<a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a>	Eating Disorders: helpline and training
<b>Anna Freud</b>	<a href="http://www.annafreud.org">www.annafreud.org</a>	5-19 direct support, info, resources <b>AFC</b> to <b>85258</b>
<b>Peppy (Menopause)</b>	<a href="https://info.peppyhealth.com/peppy-menopause-resources">https://info.peppyhealth.com/peppy-menopause-resources</a>	Free resources for all aspects of menopause
<b>Op Courage</b>	<a href="https://www.nhs.uk/nhs-services/armed-forces-community/mental-health/veterans-reservists/">https://www.nhs.uk/nhs-services/armed-forces-community/mental-health/veterans-reservists/</a>	MH information and support for veterans, service leavers, reservists, families and carers
<b>Silver Line</b>	0800 4 70 80 90	Info, friendship, advice to older people. 24/7
<b>Cruse Bereavement</b>	<a href="http://www.cruse.org.uk">www.cruse.org.uk</a> 0808 808 1677	Personalised grief support and understanding
<b>Switchboard LGBT+</b>	0800 0119 100 <a href="http://www.switchboard.lgbt">www.switchboard.lgbt</a>	10am – 10pm
<b>Antenatal Results &amp; Choices</b>	<a href="https://www.arc-uk.org">https://www.arc-uk.org</a> 02077 137 486	M-F 10-5.30 online forum, support, training, events
<b>Ask Frank</b>	<a href="http://www.talktofrank.com">www.talktofrank.com</a>	24/7 phone/text/email for drugs info/support
<b>BACP</b>	<a href="http://www.bacp.co.uk">www.bacp.co.uk</a>	Find registered Counsellor/Psychotherapists

## Coventry and Warwickshire Support

<b>Hub of Hope</b>	App Store / <a href="http://www.hubofhope.co.uk">www.hubofhope.co.uk</a>	Resources local to you in the UK
<b>IAPT</b>	02476 671 090	16+ Coventry, Warks, Solihull MH
<b>C&amp;W Helpline</b>	<a href="http://www.warwickshire.gov.uk/mentalhealth">www.warwickshire.gov.uk/mentalhealth</a>	0800 616 171 Cov & Warks residents 24/7
<b>CGL (Change Grow Live)</b>	<a href="mailto:coventry.info@cgl.org.uk">coventry.info@cgl.org.uk</a> 02476 010 241	9-5 M-F (8pm Tue). Drug & alcohol service
<b>Compass</b>	01788 578 227	Children. 9am-5pm Mon to Fri. Substance
<b>Mind Drop In Hubs</b>	<a href="http://cwmind.org.uk/drop-in-hubs/">cwmind.org.uk/drop-in-hubs/</a>	Daytimes (various depending on Hub)
<b>Mind Safe Haven</b>	<a href="http://cwsafehaven.org.uk">cwsafehaven.org.uk</a> 024 7601 7200	6-11pm, no appointment needed
<b>CW Rise</b>	<a href="http://www.cwrise.com">www.cwrise.com</a> 0300 200 2021	Children. 8am-6pm Mon to Fri. MH in Schools
<b>Recovery &amp; Wellbeing CW</b>	<a href="http://www.recoveryandwellbeing.co.uk">www.recoveryandwellbeing.co.uk</a> /F2F/Online	Free courses and workshops to empower own MH
<b>Warks Domestic Abuse</b>	<a href="http://www.nationaldahelpline.org.uk">www.nationaldahelpline.org.uk</a>	Counselling support and refuge to victim survivors
<b>After Birth Support</b>	<a href="https://www.covwarkpt.nhs.uk/mental-health-support-in-pregnancy-and-after-birth">https://www.covwarkpt.nhs.uk/mental-health-support-in-pregnancy-and-after-birth</a>	In pregnancy and after birth support

info@thelearn2group.org.uk  
0800 98 87 321  
07746 356 216

[www.learn2.org.uk](http://www.learn2.org.uk) • [www.first4aid.org.uk](http://www.first4aid.org.uk) • [www.talk-2.org.uk](http://www.talk-2.org.uk)

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Literature / Resources		
<b>Dimensions</b>	Provide general guidance on problems you are experiencing. Information provided by this tool is for personal use.	<a href="https://dimensions.covwarkpt.nhs.uk/Dimensions-Landing.aspx">https://dimensions.covwarkpt.nhs.uk/Dimensions-Landing.aspx</a>
<b>MindEd</b>	Educational resources on children and young peoples' mental health for all adults + <i>Suicide Postvention Support</i>	<a href="https://www.minded.org.uk/">https://www.minded.org.uk/</a>
<b>Papyrus</b>	Help and advice resources people with suicidal thoughts including child & adult <b>safety plan templates</b>	<a href="https://papyrus-uk.org/help-advice-resources/">https://papyrus-uk.org/help-advice-resources/</a>
<b>Every Mind Matters (NHS)</b>	Information, tools and apps to support individuals with their own mental health	<a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>
<b>Mental Health at Work</b>	For small workplaces – free online course in conjunction with Federation of Small Businesses (FSB)	<a href="https://www.mentalhealthatwork.org.uk/toolkit/mental-health-for-small-workplaces/">https://www.mentalhealthatwork.org.uk/toolkit/mental-health-for-small-workplaces/</a>
<b>NHS Hub</b>	“Every Mind Matters” resources & info	<a href="http://www.nhs.uk/mentalhealth">http://www.nhs.uk/mentalhealth</a>
<b>Time To Change</b>	Download posters, leaflets or logos including for events like World Mental Health Day. Find read-to-use materials or customise them for your event/activity.	<a href="https://www.time-to-change.org.uk/resources/create-download-materials-/-/embed/resources/collection/14">https://www.time-to-change.org.uk/resources/create-download-materials-/-/embed/resources/collection/14</a>
<b>BBC Headroom</b>	Online Mental Health toolkit	<a href="https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit">https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit</a>
<b>Young Minds</b>	Toolkits, publications, reports and policy information about children and young peoples' mental health.	<a href="https://youngminds.org.uk/resources/">https://youngminds.org.uk/resources/</a>
<b>Charlie Waller</b>	Training/resources/webinars focused on young people	<a href="https://www.charliewaller.org">https://www.charliewaller.org</a>
<b>Place2Be</b>	Helping schools understand, raise awareness of and support children and young peoples' mental health.	<a href="https://www.place2be.org.uk/what-we-do/school-resources.aspx">https://www.place2be.org.uk/what-we-do/school-resources.aspx</a>
Apps / Online		
<b>Insight Timer</b>	App stores / <a href="http://www.insighttimer.com">www.insighttimer.com</a>	Sleep, anxiety, stress guided meditations
<b>Smiling Mind</b>	App stores / <a href="http://www.smilingmind.com.au">www.smilingmind.com.au</a>	Mindfulness for ages 3+
<b>Forest</b>	App stores / <a href="https://forestapp.cc">https://forestapp.cc</a>	Own choice phone blocker
<b>Calm Harm</b>	App stores / <a href="http://www.calmharm.co.uk">www.calmharm.co.uk</a>	App to distract/comfort/release/breath
<b>Breathing App</b>	App stores	Inhale and exhale activity
<b>Antistress</b>	App stores	Interactive toys/games – stress relievers
<b>Anxiety Log</b>	App stores	Journal log for tracking anxieties
<b>I am Sober</b>	App stores	Log to tailor and track <i>any</i> addictions
<b>Balance</b>	App stores / <a href="https://www.balance-menopause.com/balance-app/">https://www.balance-menopause.com/balance-app/</a>	Journal/log/resources to support
Publications / Resources		
<b>The Big Book of Blobs</b>	Book of 'blob' type illustrations that can invite conversation and encourage thoughts and reflections.	(Amazon)
<b>MIND 'WAP'</b>	Free downloadable Employee/r Wellness Action Plans	<a href="https://www.mind.org.uk/workplace/mental-health-at-work/wellness-action-plan-sign-up/">https://www.mind.org.uk/workplace/mental-health-at-work/wellness-action-plan-sign-up/</a>
<b>MH Foundation</b>	MH programmes, research, policy and advocacy	<a href="https://www.mentalhealth.org.uk">https://www.mentalhealth.org.uk</a>
<b>MHFA England</b>	Free downloadable resources for workplaces, schools and communities	<a href="https://mhfaengland.org/mhfa-centre/resources/">https://mhfaengland.org/mhfa-centre/resources/</a>
<b>HSE</b>	MH conditions, work and workplace guidance	<a href="https://www.hse.gov.uk/stress/mental-health.htm">https://www.hse.gov.uk/stress/mental-health.htm</a>
<b>CIPD</b>	Guidance containing information, practical advice & templates to aid MH and wellbeing with employees	<a href="https://www.cipd.co.uk/knowledge/culture/well-being">https://www.cipd.co.uk/knowledge/culture/well-being</a>
<b>ACAS</b>	Legal employer information and support resources around mental health in the workplace	<a href="https://www.acas.org.uk/supporting-mental-health-workplace">https://www.acas.org.uk/supporting-mental-health-workplace</a>
<b>Thrive at Work</b>	(Free) toolkit, accreditation (West Midlands Combined Author to improve employee health wellbeing	<a href="https://www.wmca.org.uk/what-we-do/wellbeing/thrive-at-work/">https://www.wmca.org.uk/what-we-do/wellbeing/thrive-at-work/</a>