

## SOURCES OF SUPPORT

We believe having a conversation can be lifesaving. When someone opens up, it's important that they feel safe and listened to. If you are feeling suicidal, or are concerned about a friend or loved one, help and support is available from the sources listed below and overleaf. You do not have to struggle with difficult feelings alone.

For immediate support in an emergency please call 999, or travel to your nearest A&E Department if safe to do so.

SOURCE	DESCRIPTION
<b>Samaritans</b> samaritans.org	Helpline service available 24 hours a day, 365 days a year for anyone who's struggling to cope, who needs someone to listen. They answer calls for help via a 24-hour listening service, email, letter, face to face and through their Welsh language service. <b>Tel: 116 123</b>
<b>Shout 85258</b> giveusashout.org	A free text messaging service offering confidential support, 24/7 Text SHOUT to <b>85258</b> (General Public) Or Text CONTACT to <b>85258</b> (for Armed Forces)
<b>Lifeline helpline   Lifeline: Northern Ireland</b> crisis response helpline service lifelinehelpline.info	Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. People living in Northern Ireland can call Lifeline on <b>0808 808 8000</b> .
<b>Help for Heroes</b> helpforheroes.org.uk	Via our Hidden Wounds service, eligible veterans and their families have access to free and confidential psychological wellbeing advice and support.
<b>Combat Stress</b> combatstress.org.uk	For over a century Combat Stress has been helping former servicemen and women deal with issues like post-traumatic stress disorder (PTSD), anxiety and depression. They provide specialist treatment and support for veterans from every service and conflict, focusing on those with complex mental health issues related to their military service.
<b>Op Courage</b> nhs.uk/nhs-services/armed-forces-community/mental-health/veterans-reservists	<b>England</b> – Op COURAGE is an NHS mental health specialist service designed to help serving personnel due to leave the military, reservists, armed forces veterans and their families.
<b>Veterans Wales</b> veteranswales.co.uk	<b>Wales</b> – Specialised, priority service for individuals who have served in the Armed Forces, at any time in their lives and who are experiencing mental health difficulties related specifically to their military service.

<p><b>Veterans First Point</b> veteransfirstpoint.org.uk</p>	<p><b>Scotland</b> – Veterans First Point (V1P) has been developed by Veterans for Veterans and is staffed by an alliance of clinicians and Veterans. The service they provide is free at the point of access and provided as part of the NHS.</p>
<p><b>Northern Ireland Veterans' Support Office</b> Supporting Veterans in Northern Ireland nivso.org.uk</p>	<p><b>Northern Ireland</b> – The Northern Ireland Veterans' Support Office (NIVSO) is the lead support and signposting service linking individual Veterans, Veterans' groups, statutory and non-statutory bodies, and charities supporting Veterans in Northern Ireland.</p>
<p><b>Help is at Hand</b> nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf</p>	<p>A resource for people bereaved by suicide and those who are supporting the bereaved.</p>
<p><b>Togetherall</b> togetherall.com/en-gb</p>	<p>Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing.</p>
<p><b>Forcesline</b> ssafa.org.uk/get-help/forcesline</p>	<p>Forcesline is a free and confidential telephone helpline and email service that provides support for serving (regulars and reserves), ex-Forces and for their families.</p>
<p><b>SOBS Survivors of Bereavement by Suicide</b> uksobs.org</p>	<p>SOBS exist to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.</p>
<p><b>PAPYRUS Prevention of Young Suicide</b> papyrus-uk.org</p>	<p>Provides information, training and support for young people to lead prevention activities.</p>
<p><b>CALM Campaign Against Living Miserably</b> thecalmzone.net</p>	<p>The Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide, in the UK.</p>
<p><b>State of Mind</b> stateofmindsport.org</p>	<p>The State of Mind programme was established in 2011 with the aim of improving the mental health, wellbeing and working life of rugby league players and communities.</p>
<p><b>Hub of Hope</b> hubofhope.co.uk</p>	<p>A resource for those needing someone to talk to. Enter your postcode and it locates local support and services.</p>

**SEE THE PROBLEM, SAY THE WORDS, SIGNPOST TO SUPPORT**