



Sarah Roberts  
Cognitive  
Hypnotherapy

# Where to find help if you are having suicidal thoughts

**Sometimes life can feel so difficult that it can seem impossible to find a way to go on.**

**If you, or someone you care about, are feeling this way, there is help available.**

**You are not alone. Talk to someone.**

In a life-threatening situation, you can:

- call 999
- call the Samaritans on 116 123
- make an urgent GP appointment

Here are other places you can find help:

**Samaritans** – 24 hour support on 116 123 and [www.samaritans.org](http://www.samaritans.org)

**Papyrus** – Suicide Prevention Hopeline 0800 068 4141

Open 9am – midnight every day of the year

The website at [www.papyrus-uk.org](http://www.papyrus-uk.org) gives clear, direct support for anyone thinking about suicide, or worried about someone else.

**CALM - Campaign against Living Miserably**

0800 58 58 58

Helpline available 5pm – midnight every day

[www.thecalmzone.uk](http://www.thecalmzone.uk)

**Cruse Bereavement Care** Helpline 0808 808 1677

Live online Cruse Chat available 9am – 9pm Mon – Fri at <https://www.cruse.org.uk>

**The Compassionate Friends** - Helpline 0345 123 2304

Online support at [www.tcf.org.uk](http://www.tcf.org.uk)

**The Ollie Foundation** <https://theolliefoundation.org>

**Mind**

<https://www.mind.org.uk/need-urgent-help/using-this-tool>

**You are not alone.  
You matter.  
Please talk to someone.**