

Risk Factors

Some things in life can be difficult to cope with, which can cause someone have suicidal thoughts. Asking for help is the first step to staying safe*.

Alcohol & Drug Misuse

call 020 725 15860
wearewith.you.org.uk

Bullying

Ditch the label support forum & digital mentors
ditchthelabel.org

Disabilities

Scope
call 0808 800 3333
scope.org.uk

Domestic Abuse

Refuge
call 0808 2000 247
refuge.org.uk

Relate

Counselling for couples & individuals
Exeter Office 0300 772 9681
www.relate.org.uk

Bereavement

The grieving process can be more difficult to deal with. Support is available – full list at www.prevent-suicide.org.uk

Survivors of Bereavement by Suicide

uk-sobs.org.uk
call 0300 111 5065

Citizens Advice Bureau

Newton Abbot Exeter
call advice line
03444 111 444

Gambling

Gamcare
call 0808 8020 133
live chat 24/7 at
gamcare.org.uk

Homelessness

Shelter
call 0808 800 4444
live chat 24/7 at
shelter.org.uk

Loneliness

Age UK Devon
call 0333 241 2340
info@ageukdevon.co.uk

National Debtline

Charity offering independent debt advice
call 0808 808 4000
nationaldebtline.org

Pete's Dragons

Comfort after suicide
Call 01395 277 780
Petesdragons.org.uk

Prisoners & Prison Leavers

Unlock
call 01634 247350
unlock.org.uk

Migrants

Migrant Help
call 0808 8010 503
info@migranthehelpuk.org

Survivors of Abuse

Safeline – emotional support
men call 0808 800 5005
women call 0808 802 9999
under 25s 0808 800 5007
info@survivorsofabuse.org.uk

Veterans

Combat stress
call 0800 138 1619
combatstress.org.uk

***Full list of resources available at preventsuicide.org.uk**

CRUSE

call 0808 808 1677
cruse.org.uk

Photo on front page: courtesy of Paul Hillcox

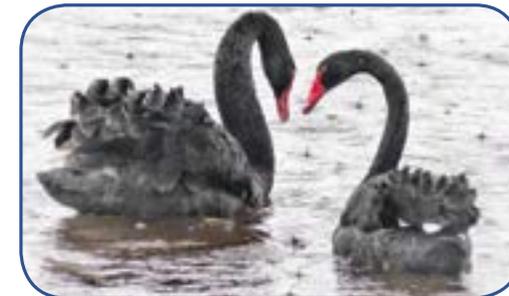


Dawlish Town Council is proudly working towards making Dawlish a caring and safer town



Do you need help?

Mental wellbeing and suicide prevention resources



If you're experiencing a personal crisis and are unable to cope or you or someone else has suicidal thoughts, people who care are ready to help

Dawlish Town Council Mental Wellbeing and Suicide Prevention Working Group

Steps to take when you are feeling low or You are concerned about someone else

Suicidal thoughts?

1. Wait. Decide not to do anything right now to hurt yourself. You do not have to act on your thoughts of suicide. Your thoughts and feelings CAN change.
2. Seek help before life gets too painful. Talk to someone. It could be a friend, family member or someone from the support service in this leaflet. There are people who can listen and help.
3. By talking things over a great sense of pressure is released.
4. If talking is difficult, there is online support available. Someone who wants to help you is only a click away.
5. Try to keep yourself safe for now and believe in yourself, in what tomorrow might bring. Believe that you can get through this moment.
6. Spend some time thinking about your reasons for living.

Worried about someone?

1. Be alert. Not everyone who thinks about suicide will tell someone, but there may be warning signs.
2. Be honest. Tell the person why you're worried about them and ask about suicide. Tell them you want to know how they are, and that's it ok to talk about suicide.
3. Listen. Just listening is one of the most helpful things you can do. Try not to judge or offer solutions.
4. Encourage or assist them to get help e.g. an emergency appointment with a GP (Barton Surgery call 01626 888 877) or a visit to A & E. The ideas in this leaflet are a good start.
5. It is important to take care of yourself. Discuss your feelings with a friend or support service.
6. Dealing with suicidal feelings – whether they are your own or someone else's is traumatic and/or you may need a safe place to process your feelings and experience around it.

Coronavirus (COVID-19) Many services will be experiencing disruption at this time. Please contact them directly for further information.

Emergency Support

If someone has harmed themselves or if they are experiencing suicidal thoughts, seek emergency support. Call 999 or go to your nearest A&E.

Helplines

There are trained people who care and want to help anyone struggling with difficult feelings. There is no shame in reaching out.

Samaritans

call 116 123
jo@samaritans.co.uk
24/7

CALM

for men
call 0800 58 58 58
5pm to midnight
Every day

SANE

call 0300 304 7000
info@sane.org.uk
4.30pm to 10.30pm
Every day

Childline

Help for young people and children
24/7
0800 1111
childline.org.uk

NHS 111

call 111
24/7

Papyrus

for people under 35
call 0800 068 4141
text 07786 209697
pat@papyrus-uk.org
9am to 10pm Mon – Fri

The Silver Line

for people over 55
call 0800 470 8090
24/7

Nightline Website

If you are a student see your university/college if it offers a night-time listening service.
www.nightline.ac.uk

Shout

text if you are unable to cope and need support
"Shout" to 85258 24/7

Switchboard

for LGBT+ people
call 0300 330 0630
chris@switchboard.lgbt
10am to 10pm every day

Mind

call 0300 123 3393
text 86463 info@mind.org.uk
9am to 6pm Mon – Fri

The Moorings

Devon Partnership NHS Trust
Call 07483 911 848
email:
devontorquay.mhm@nhs.net

Local Support Organisations

Recovery Devon - Information and resources on mental health issue
call 07824 161192 recoverydevon.co.uk

Talkworks Emotional support and guidance

call 0300 555 3344 talkworks.dpt.nhs.uk

Mental Health Matters Devon

call 0800 4700 317 24/7 365 days of year

Devon Partnership NHS Trust Recovery – supporting you to live well

call 01392 208866 dpt.nhs.uk