



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 its 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 make contact with one of the local organisations (free to call) on the next page or call 111. If concerned call the Samaritans on 116 123.
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.

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

NHS 111

call 111
24/7

Shout

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

CALM

for men
call 0800 58 58 58 or
use webchat
5pm to midnight
Every day

Papyrus

Suicide prevention advice
for people under 35
call 0800 068 4141
text 07860 039967
pat@papyrus-uk.org
9am- midnight Mon – Sun

Switchboard

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

SANE

call 0300 304 7000
info@sane.org.uk
4pm to 10pm
Every day

The Silver Line

for people over 55
call 0800 470 8090
24/7

Mind

call 0300 123 3393
info@mind.org.uk
9am to 6pm Mon – Fri
(except bank holidays)

Childline

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

Qwell

365 days a year
Midday – 10pm Mon-Fri
6pm to 9pm Sat/Sun
Qwell.io

Devon Mind

01752 512 280
9am-5pm Mon – Fri
hello@devonmind.com

The Moorings

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

Local Support Organisations

First Response (NHS Devon Partnership Trust) for crisis

call 0808 196 870 365 days a year 24/7

Mental Health Matters (Torbay)

call 07483 991 848 10am – midnight Mon – Fri, noon – midnight Sat/Sun

Recovery Devon - Information and resources on mental health issue

recoverydevon.co.uk Hello@recoverydevon.co.uk

Talkworks - Emotional support and guidance

call 0300 555 3344 talkworks.dpt.nhs.uk

Risk Factors

Some things in life can be difficult to cope with, which can cause someone to 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

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

Step Change

stepchange.org/

Prisoners & Prison Leavers

Unlock

call 01634 247350

unlock.org.uk

Migrants

Migrant Help

call 0808 8010 503

info@migranthelpuk.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

Christians Against Poverty

(CAP) 0800 328 0006

***Full list of resources available at preventsuicide.org.uk and bbc.co.uk/actionline**

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

uksobs.org.uk

call 0300 111 5065

Pete's Dragons

Comfort after suicide

Call 01395 277 780

Petesdragons.org.uk

CRUSE

call 0808 808 1677

cruse.org.uk

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Photo courtesy of Paul Hillcox