

Mental Health & Suicide Prevention Resources

Building suicide-safer communities, together.

2026 Edition



Ripple
Suicide Prevention

7 Cups

**For: All**

If you're experiencing depression, anxiety, relationships issues or want someone there to listen, 7 Cups offers a free, anonymous online chat service with trained volunteers. This service is available 24/7.

Website: www.7cups.com

akt

**For: All**

akt supports LGBTQ+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment. We support young people into safe homes and employment, education or training, in a welcoming and open environment that celebrates LGBTQ+ identities.

Website: www.akt.org.uk

Crisis support: Available 24/7

Alfie's Squad

**For: Children and young people bereaved by suicide**

Alfie's Squad provides support for children and young people who have lost someone to suicide. Offers one-to-one and group support with a focus on helping young people process grief and build resilience following suicide loss.

Website: www.alfiessquad.org

Online group: Alfie's Squad online support group available

Alliance of Hope

**For: All**

The Alliance of Hope for Suicide Loss Survivors provides healing support for people coping with the shock, excruciating grief and complex emotions that accompany the loss of a loved one to suicide.

Website: www.allianceofhope.org

Amparo

**For: Anyone affected by suicide**

Amparo means 'shelter' or 'safe haven' in Spanish and provides support for anyone affected by suicide. Support can be provided one-to-one, to family groups, groups of colleagues or peers – whatever is preferred by you and is most appropriate to your situation.

Website: www.amparo.org.uk

Andy's Man Club

**For: Males**

We are open for face to face meetings every Monday (except bank holidays) at 7pm and currently have 35 groups across England and Scotland. We also have a national online group every Monday at 7pm for those outside of our catchment areas. For information about how to book on to one of our sessions, either in person or online, please send an email to info@andysmanclub.co.uk and our team will be able to assist.

Website: www.andysmanclub.co.uk

Anna Freud Crisis Messenger (AFC)

**For: Young people (11-18)**

Anna Freud's Crisis Messenger provides free, confidential text message support via AI-assisted responses for young people experiencing suicidal thoughts, self-harm urges, or mental health crises. Available 24/7 with immediate crisis support and guidance.

Website: www.annafreud.org/afc-crisis-messenger/

Text: AFC Crisis Messenger app

At a Loss

**For: All**

If you have been affected by suicide and are struggling, you can find all the help you need in one place at www.AtALoss.org. Easy to use filters will help you search from the hundreds of services listed to find bereavement support that best suits you, wherever you live. We also provide up to date practical information, a library of helpful reads and helplines.

Chat: www.AtALoss.org/live-chat (9am to 9pm Monday to Friday)

Website: www.AtALoss.org

Battle Scars**For: Supporting anyone affected by self-harm**

Battle Scars do not offer crisis support. It is a charity dedicated to decreasing the stigma, raising awareness and supporting anyone affected by self-harm. They offer a variety of resources to help understand and manage self-harm and encourage people who struggle with self-harm to reach out and build a support network. Services include Peer support for families of people who self-harm, Adult Peer Groups and an Under 18's Service which include workshops on managing self-harm for young people and how to disclose or talk to someone about it.

Website: www.battle-scars-self-harm.org.uk

Bearded Fishermen Charity**For: Fishing and angling community**

Bearded Fishermen Charity was founded following a fisherman's suicide to create mental health awareness and suicide prevention support specifically within the angling community. Provides peer support, community events, and is developing a crisis house.

Website: www.beardedfishermen.org.uk

Beder**For: All**

Beder is a charity taking a unique approach to softly raising awareness around mental health and suicide prevention through exciting events and initiatives. Their events bring together people who share similar interests across education, wellness, and recreation. The Beder Therapy Vouchers offer people up to 6 x 50-minute sessions and/or one year's membership to Mindler's iCBT self-care platform.

Website: www.beder.org.uk

Befrienders Worldwide**For: All**

Providing emotional support to prevent suicide worldwide. We listen to and help people without judging them.

Website: www.befrienders.org

Be Mindful**For: All**

Be Mindful is the only Mindfulness-Based Cognitive Therapy (MBCT) digital therapeutic course. NHS assessed and commissioned, and trusted for nearly a decade, this accessible web-based digital therapeutic is proven to significantly reduce levels of stress, anxiety, and depression, delivering often life-changing results for participants.

Website: www.bemindfulonline.com

Bereavement Advice**For: Anyone bereaved**

There are many practical matters to attend to when someone dies. Bereavement Advice Centre supports and advises people on what they need to do after a death.

Website: www.bereavementadvice.org

Betknowmore UK**For: Adults experiencing gambling-related harms**

Betknowmore UK provides support for people experiencing gambling-related harms using lived experience and evidence-based therapeutic approaches. Addresses the known connection between gambling addiction and suicidal ideation.

Website: www.betknowmoreuk.org

Services: One-to-one counseling, peer support (Peer Aid)

Beyond**For: Young people (up to 25)**

Beyond is a grant-giving organization committed to improving mental health outcomes for young people throughout the UK. Supports organizations and initiatives addressing youth mental health and suicide prevention through The Beyond Grant program.

Website: www.wearebeyond.org.uk

Billy's Lifeline**For: Anyone bereaved by suicide**

Billy's Lifeline is a UK-based registered charity dedicated to supporting families and loved ones impacted by suicide loss, operating from the northeast of England. We offer both short and long-term support regardless of how long it has been since your loved one has passed, we are here to support you practically, emotionally, and therapeutically through your journey.

Website: www.billyslifeline.org

Black Minds Matter UK**For: Black community members**

Black Minds Matter UK provides culturally sensitive mental health and suicide prevention support specifically for Black individuals and communities in the UK. Addresses mental health stigma and suicide prevention within the Black community.

Website: www.blackmindsmatteruk.com

Breathing Space**For: Anyone in Scotland aged 16 and over**

Free, confidential phone and webchat service from NHS 24 for anyone in Scotland feeling low, depressed or anxious. Advisors listen, offer advice and signpost to local services, in the evenings and at weekends when family, friends or GPs may not be available.

Helpline: 0800 83 85 87 (free, Monday to Thursday 6pm to 2am, Friday 6pm to Monday 6am)

Website: www.breathingspace.scot

The Burnt Chef Project**For: Hospitality professionals**

The Burnt Chef Project provides education, support, and resources, to tackle mental health stigma and work to ensure the hospitality and the leisure industry is healthier and more sustainable by focusing on people's wellbeing first.

Helpline: Call 0800 243 458 or text BURNTCHEF to 85258 (24/7, free, confidential)

Website: www.theburntchefproject.com

Training: Suicide prevention training available for hospitality

C.A.L.L. Helpline (Wales)**For: Anyone living in Wales**

The all Wales mental health helpline, funded by Welsh Government and hosted by the NHS. Confidential emotional support and information for anyone worried about their own mental health or someone else's, including suicide and self harm. Bilingual in Welsh and English.

Helpline: 0800 132 737 (free, 24 hours a day, 365 days a year) or text HELP to 81066

Website: www.callhelpline.org.uk

CALM**For: Males of all ages**

CALM offer confidential, anonymous and free support, information and signposting through the helpline or webchat. People can talk through a wide variety of issues including abuse, addictions, anger, depression, bullying, eating disorders, sexuality, work issues, racism, bereavement, suicide, divorce and more. The website holds information on a range of issues and lists national organisations offering support with some of these issues.

Helpline: 0800 58 58 58 (free, 5pm – midnight, daily)

Online chat: www.thecalmzone.net/help/webchat

Website: www.thecalmzone.net

Calm Harm**For: All**

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Clinical Psychologist Dr. Nihara Krause, in collaboration with young people, using principles from evidence-based Dialectical Behaviour Therapy (DBT)

Website: www.calmharm.co.uk

The Canmore Trust**For: Anyone impacted by suicide**

We work with people to find a safe space – a space that allows and encourages them to stay in the world, despite all the struggles and difficulties they may be facing right now. We also work with individuals, communities, practices, workplaces, schools, colleges and universities touched by suicide – suicide postvention – to support those in need through the carnage that results from each and every suicide.

Helpline: Text CANMORE to 85258 (free, 24/7)

Website: www.thecanmoretrust.co.uk

Care for the Family

**For: Bereaved parents and siblings, widowed young**

Care for the Family provides a wide range of support in three key areas of family life – marriage, parenting and bereavement. This includes marriage and parenting courses, bereavement support, family breaks and faith in the family, as well as a wide range of resources in support of each of these core areas. We have over 80 staff, supported by many volunteers across the UK.

Helpline: 029 2081 0800 (Monday 10 am– 5pm, Tuesday to Thursday: 9am – 5pm, Friday: 9am – 4:30pm)

Email: mail@cff.org.uk

Website: www.careforthefamily.org.uk

Child Bereavement UK

**For: Families, children and young people**

Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

Helpline: 0800 02 888 40

Email: helpline@childbereavementuk.org

Live chat: via the website

Website: www.childbereavementuk.org

Catch It

**For: All**

Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary and tracker.

Website: www.liverpool.ac.uk/it/app-directory/catch-it

Child Death Helpline

**For: Anyone affected by the death of a child**

The national freephone Child Death Helpline dedicated to provide a quality Freephone service to anyone affected by the death of a child of any age – whether they are parents, grandparents, siblings, family members, friends or involved professionals. Staffed by volunteers, all of them bereaved parents.

Helpline: 0800 282 986 (Monday to Sunday 7pm – 10 pm, 19:00 to 22:00, Monday, Thursday and Friday 10am – 1pm, Tuesday and Wednesday 10am – 4pm)

Website: www.childdeathhelpline.org.uk

Changing Minds Training

**For: All**

Mental health & well being training that aims to empower each and every person with the skills, knowledge and compassion required to support the mental health of themselves and others.

Website: www.changingmindstraining.com

Childline

**For: Children and young people under 19**

Free, private and confidential service for anyone under 19 in the UK. Talk to a counsellor about anything, including suicidal thoughts, self harm, abuse and bullying, by phone, online chat or email. Calls do not show on the phone bill.

Helpline: 0800 1111 (free, 24/7), or 116 111 from an O2 mobile. 1-2-1 counsellor chat online

Website: www.childline.org.uk

Charlie. Dallas. Lancaster. Foundation

**For: All ages**

The Charlie. Dallas. Lancaster. Foundation provides mental health and suicide prevention support and resources. Founded in memory of those lost to suicide, the foundation works to raise awareness and provide support across communities.

Website: www.cdflf.uk

Chill Panda

**For: All (including under 10s)**

Play your way to a calmer day. Family friendly relaxation, breathing exercise and activity app.

Website: apps.apple.com/gb/app/chill-panda/id1184256407

App: Download on iTunes and Nintendo Switch

Chris's House

**For: All ages**

Chris's House provides mental health and suicide prevention support in Scotland. Offers confidential support and resources for individuals experiencing mental health challenges and suicidal thoughts.

Website: www.chrisshouse.org

Crisis Text Line UK

For: Anyone in crisis, particularly young people

Crisis Text Line UK provides free, confidential crisis support via text message available 24/7. Offers immediate mental health support for anyone experiencing suicidal thoughts, self-harm urges, or other mental health crises through trained crisis counselors.

Website: www.crisistextline.uk

Text: Text HELLO to 50808 (free, 24/7)

Combat Stress

**For: Armed forces and veterans**

Combat Stress provides mental health and suicide prevention support specifically for armed forces personnel and veterans. Offers military-specific counseling, crisis support, and mental health resources tailored to the unique challenges facing armed forces communities.

Website: www.combatstress.org.uk

Helpline: www.combatstress.org.uk/helpline

Cruse Bereavement Support

**For: Anyone bereaved**

Cruse Bereavement Support is the leading national charity for bereaved people in England, Wales and Northern Ireland.

Helpline: 0808 808 1677 (weekdays 09:30am – 5pm, Tuesdays Wednesdays and Thursday until 8pm)

Website: www.cruse.org.uk

The Compassionate Friends

**For: Bereaved parents and their families**

An organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children.

Helpline: 0345 123 2304 (Open every day of the year from 10:00 – 16:00 and 19:00 – 22:00)

Website: www.tcf.org.uk

Cruse Bereavement Support Scotland

**For: Anyone bereaved**

Cruse Scotland has been supporting bereaved adults, children and young people across Scotland for over 60 years. Together with our 230-strong team of compassionate, committed and caring volunteers, we offer hope when the future seems empty

Helpline: 0808 802 6161, Monday to Friday 9am – 8pm, weekends 10am – 2pm

Email: info@crusescotland.org.uk

Website: www.crusescotland.org.uk

Consortium

**For: Trans people**

LGBT Consortium's directory of services for trans people

Website: www.consortium.lgbt/member-directory

DistrACT

**For: All**

The distrACT app provides easy, quick and discreet access to general health information, self-help tips and links to support and trusted resources for those who self-harm or feel suicidal – and those supporting them.

Website: www.expertselfcare.com/health-apps/distract

App: Download on iTunes and Google Play

Conversations Matter

**For: All**

A practical online resource to support safe and effective discussions about suicide.

Website: www.conversationsmatter.com.au

Docready

**For: All**

helps you get ready for the first time you visit a doctor to discuss your mental health.

Website: www.docready.org/#/home

Every Life Matters

**For: All ages, with focus on Cumbrian communities**

Every Life Matters is a suicide prevention and bereavement support service focused on the Cumbria region. Provides peer support groups, bereavement support, suicide prevention training, and community outreach specifically addressing suicide prevention needs in Cumbrian communities.

Website: www.every-life-matters.org.uk

Support groups: Peer support groups available across Cumbria

Families Outside

**For: People located in Scotland concerned about the physical or mental health of a person in prison.**

Families Outside is the only national charity in Scotland working exclusively on behalf of families affected by imprisonment. We speak to thousands of families each year, providing information and support on issues such as housing, finance, and emotional support.

Tel: 0800 254 0088 (Monday to Friday from 9am – 5pm)

Email: support@familiesoutside.org.uk

Text: text FAMOUT to 60777 (Monday to Friday from 9am – 5pm)

Website: www.familiesoutside.org.uk

Family Lives

**For: Parents**

Family Lives provides targeted early intervention and crisis support to families who are struggling. The issues we support families with include family breakdown, challenging relationships and behaviour, debt, and emotional and mental wellbeing.

Helpline: 0808 800 2222 (Monday to Friday 9am to 9pm and weekends 10am to 3pm)

Email: askus@familylives.org.uk

Live chat: via the website (Monday to Friday between 10.30am to 9pm, closed on bank holidays)

Website: www.familylives.org.uk

Farming Community Network (FCN)

**For: Farmers**

The Farming Community Network (FCN) is a voluntary organisation and charity that supports farmers and families within the farming community through difficult times.

Helpline: 03000 111 999 (7am – 11pm)

Email: help@fcn.org.uk

Website: www.fcn.org.uk

Services: Farming community support and resources

Farm Safety Forum

**For: The Farming Community**

Through our national campaign Mind Your Head, the Farm Safety Foundation is tackling the stigma poor mental health, ensuring that that next generation of farmers is resilient and equipped with smart strategies and specific skills to live well and farm well.

Website: www.yellowwellies.org/the-little-book-of-minding-your-head-download-your-copy-here/

FinWELL Training

**For: All**

Human based, financial education and wellbeing training for all employees and leadership teams globally. FinWELL Training helps employees improve financial wellbeing, empowering healthier relationships with money and better mental health.

Website: www.finwell.uk

Gingerbread - Single Parent Helpline & Support

**For: Single parents**

We are fighting to create a world where all single parents and their children don't just survive. They thrive.

Helpline: 0808 802 0925

Live chat: via the website

Website: www.gingerbread.org.uk

The Good Grief Trust

**For: Anyone experiencing grief**

The Good Grief Trust exists to help all those affected by grief in the UK. We aim to find the bereaved, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support.

Website: www.thegoodgrieftrust.org

Grassroots Suicide Prevention

**For: All ages**

Grassroots Suicide Prevention is a UK-wide organization providing education, resources, and support networks focused on suicide prevention across all demographics. Offers local hubs, training, regional resources, and community outreach.

Website: www.prevent-suicide.org.uk

Email: admin@prevent-suicide.org.uk

Hub of Hope

**For: All**

Hub of Hope is a first of its kind, national mental health database which brings together organisations and charities, large and small, from across the country who offer mental health advice and support, together in one place.

Website: www.hubofhope.co.uk

Happify

**For: All**

Happify brings you effective tools and programs to help you take control of your feelings and thoughts. Our proven techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioural therapy for decades.

Website: www.happify.com

If U Care Share

**For: Those affected by suicide**

We are here to listen and support emotional well being in young people and those affected by suicide.

Tel: 01913 875661 (Monday to Friday, 9 am to 5pm)

Website: www.ifucareshare.co.uk

Harmless

**For: People who do or are at risk of self-harm**

Harmless provides support, information, training and consultancy about self-harm to individuals who self-harm, their friends, families and professionals with a view to promoting health and recovery, reducing isolation and distress, and by increasing awareness and skill in intervention.

Website: www.harmless.org.uk

Inclusion

**For: Anyone affected by addiction, crime, mental health**

Inclusion is a national organisation that works with individuals, families and communities who are affected by addiction, crime, mental health or need treatment for their sexual health. Whilst providing comprehensive and inclusive support and treatment we work with patients and our staff teams to achieve the best outcomes we can

Website: www.inclusion.org

Help for Heroes

**For: Armed forces and veterans**

Help for Heroes provides mental health and wellbeing support specifically for armed forces personnel and their families. Offers suicide awareness and prevention training, mental health resources, and support programs addressing mental health challenges specific to military service.

Website: www.helpforheroes.org.uk/get-help/mental-health-and-wellbeing/suicide-awareness/

Jacobs One Million Lives

**For: All**

A free mental health check-in tool

Website: www.oml.world

Help Guide

**For: All**

Offer the guidance and encouragement you need to find hope, get motivated, take charge of your mental health, and start feeling better.

Website: www.helpguide.org

James' Place**For: Men in Liverpool, London and Newcastle**

James' Place are a charity offering free, life-saving treatment to suicidal men at our centres in Liverpool, London and Newcastle. Their professional therapists get quickly to the heart of a man's suicidal crisis and help him solve it.

Website: www.jamesplace.org.uk

Joshua Van Leader

JOSHUA VAN LEADER

For: All ages, focusing on art and wellbeing

Joshua Van Leader provides art and wellbeing spaces focused on mental health and suicide prevention support. Founded in memory of Joshua Van Leader, the organization offers creative and therapeutic spaces for mental health and suicide prevention.

Website: www.joshuavanleader.com

Jami UK**For: Jewish community members**

Jami UK (Jewish Association for Mental Illness) is a mental health and suicide prevention service specifically for the Jewish community. Provides confidential counseling, support groups, crisis support, and mental health resources addressing mental health stigma and suicide prevention within Jewish communities.

Website: www.jamiuk.org

Services: Counseling and support groups

Kelly's Heroes**For: Armed forces and veterans**

Kelly's Heroes is a mental health awareness and support service specifically for military and veteran communities. Provides peer support, mental health resources, and suicide prevention support addressing the unique challenges of armed forces personnel.

Website: www.kellysheroes.org.uk

Jaya Mental Health**For: South Asian communities**

Jaya Mental Health provides culturally sensitive mental health and suicide prevention support specifically for South Asian populations in the UK. Addresses mental health stigma and suicide risk within South Asian communities through culturally appropriate interventions.

Website: www.jayamentalhealth.org.uk

Kinship (formerly Grandparents' Plus)**For: Kinship carers in England and Wales**

Kinship is the leading kinship care charity in England and Wales. We're here for all kinship carers – the grandparents and siblings, the aunts, uncles, and family friends who step up to raise children when their parents can't. Kinship Compass is here to help all kinship carers to get expert advice and information. And to support them to access emotional support through peer support groups and connecting with other kinship carers.

Helpline: 0300 123 7015 (Monday to Friday 9.30am – 12.30pm)

Email: info@kinship.org.uk

Website: www.kinship.org.uk

The Jordan Legacy**For: All**

It is our mission to be at the forefront of the advancement of health and the saving of lives for the public benefit; specifically the advancement of mental health and preventing lives being lost to suicide.

Website: www.thejordanlegacy.com

Kooth**For: All**

An online counselling and emotional wellbeing support service. We provide free, anonymous support for any young person who needs support. The service is BACP accredited and provides 1:1 text-based chats with qualified counsellors plus 24h messaging and a range of self-directed support options. If it's on your mind, we are here to help.

Website: www.kooth.com

LGBT Foundation**For: LGBTQ+ Community**

LGBT Foundation exists to support the needs of the diverse range of people who identify as lesbian, gay, bisexual and trans. They provide a wide range of services to support lesbian, gay, bisexual and trans people.

Website: www.lgbt.foundation

The Life Jacket**For: All ages**

The Life Jacket is a suicide prevention campaign and resource providing support, information, and signposting for suicide prevention. Offers accessible resources focused on "turning someone's life around" through suicide prevention awareness and support.

Website: www.thelifejacket.co.uk

Resources: Comprehensive suicide prevention resources

Lifeline**For: Anyone living in Northern Ireland**

Northern Ireland's crisis response helpline for anyone in distress or despair, at any age. Counsellors are experienced in trauma, suicide, self harm, abuse, depression and anxiety, and can arrange local face to face counselling where more support is needed.

Helpline: 0808 808 8000 (free, 24/7). Textphone 18001 0808 808 8000

Website: www.lifelinehelpline.info

Lifelines Scotland**For: All ages in Scotland**

Lifelines Scotland is Scotland's primary mental health and suicide prevention helpline providing crisis support, signposting to services, and mental health resources. Offers accessible support across all demographics throughout Scotland.

Website: www.lifelines.scot

Lighthouse**For: Construction workforce and their families**

We are the only charity that is 100% dedicated to the emotional, physical and financial wellbeing of our construction workforce and their families.

Website: www.lighthouseclub.org

The Listening Place**For: Anyone aged 18 or over and based in London**

The Listening Place provides free, face-to-face support across London for individuals to talk openly about their suicidal feelings without being judged or being given advice.

Tel: 020 3906 7676

Website: www.listeningplace.org.uk

Looseheadz**For: Rugby community**

Looseheadz is a mental health and suicide prevention initiative focused on the rugby community. Provides mental health resources, training, and community support specifically for rugby players and enthusiasts to address mental health stigma and suicide prevention.

Website: www.looseheadz.co.uk

Resources: Mental health toolkit and training programs available

The Lucy Rayner Foundation**For: Families in the Surrey area affected by suicide**

The Surrey Suicide Bereavement Service gives families affected by suicide short, medium and long-term support to help them come to terms with their loss. The support is tailored to each family's unique circumstances. We will just be a listening ear if this is what you require and are always happy to come and visit you in the comfort of your own home.

Helpline: 01737 886551

Website: thelucyraynerfoundation.com

Mandem Meetup**For: Men**

Mandem Meetup is a free community supporting men's mental health in Manchester and surrounding areas. Provides peer support groups, social events, and community connection to help men break stigma around mental health and suicide prevention.

Website: www.mandemmeetup.org

Mangang**For: Men across Hampshire**

ManGang is a network of men who believe that it's not weak to speak. We provide a peer-to-peer platform for men across Hampshire who struggle with the pressures of modern-day life. We want to break down the stigma surrounding mental health. Our groups are free from judgement and allow our members access to conversations with men from all different walks of life that have suffered the same highs and lows.

Website: www.mangang.org

The Martin Gallier Project



For: LGBTQ+ individuals

The Martin Gallier Project provides mental health and suicide prevention support specifically for LGBTQ+ individuals. Named in memory of Martin Gallier, the project focuses on reducing suicide risk in LGBTQ+ communities.

Website: www.themartingallierproject.org

Services: Suicide intervention and mental health support

Mates in Mind



For: Workers and workplaces

Mates in Mind is a workplace mental health and suicide prevention initiative specifically addressing mental health in construction and related industries. Provides training, resources, and support networks to help workplaces create mentally healthy environments and prevent suicide among workers.

Website: www.matesinmind.org

Training: Mental health awareness and suicide prevention training for workplaces

The Matt Palmer Trust



For: Men

The Matt Palmer Trust provides men's mental health and suicide prevention support with a focus on community engagement and peer support. Offers mental health resources, training, and community programs specifically for men's wellbeing.

Website: www.mattpalmertrust.org.uk

Training: Mental Health First Aid training available

Men Matter Scotland



For: Men

Men Matter Scotland provides mental health and suicide prevention support specifically for men in Scotland. Peer-led support groups and community-based approach to men's mental wellbeing.

Website: www.menmatterscotland.org/

Men's Pie Club



For: Men

Men's Pie Club is a social eating initiative designed to combat social isolation and improve mental health in men through shared meals and community connection. Provides a safe, non-judgmental space for men to connect and discuss wellbeing.

Website: www.menspieclub.co.uk

Men's Sheds Association



For: Men

The UK Men's Sheds Association creates workshop spaces where men can come together for social connection, skill development, and mental health support. Specifically focuses on suicide prevention among men through community engagement and peer support.

Website: www.menssheds.org.uk

Resources: Dedicated suicide prevention resources available

Men's Therapy Hub



For: Men seeking mental health support

Men's Therapy Hub is a directory service helping men find qualified therapists and counselors specializing in men's mental health. Focuses on connecting men with professional support for mental health challenges and suicide prevention.

Website: www.menstherapyhub.co.uk

Directory: Available online

Mental Health Motorbike



For: Biker community

Mental Health Motorbike exists to create meaningful opportunities so that together we grow the wellbeing of the motorbike community, ultimately we want to cut the number of suicides in the UK. We are here to offer free support to members of the biker community who are struggling with their mental health and need some friendly support.

Website: www.mhmotorbike.com

Community: Monthly meetings and community events

Mental Health World Cup



For: Anyone who wants to play, fundraise or volunteer

The UK's leading charity 5-a-side football tournament in the fight to prevent suicide, hosted in iconic stadiums across the UK. Charities, workplaces and groups of friends enter a team to raise funds and open up conversations about mental health. 100% of what is raised goes directly to mental health charities.

Website: www.mentalhealthworldcup.org.uk

Mentell



For: Men

Mentell provides men's mental health support and counseling with a focus on breaking stigma around mental health in men. Offers peer support groups and resources specifically designed for men's wellbeing and suicide prevention.

Website: www.mentell.org.uk

Contact: www.mentell.org.uk/contact

Men Walking and Talking



For: Men

Men Walking and Talking provides walking groups across multiple UK regions as a peer support and mental health initiative for men. Combines physical activity with peer support to address social isolation and mental health challenges.

Website: www.menwalkingandtalking.co.uk

Men Who Talk



For: Men (and those who support them) aged 18+ across the UK

Men Who Talk provide free to access online spaces providing men and those who support them, with an opportunity to talk, socialise and receive support from other men, all whilst being supported by our excellent team of facilitators. They follow a peer-to-peer support model, which means we actively encourage all our group attendees to support one another, instead of relying on professionals.

Website: www.menwhotalk.org

Mermaids



For: The transgender, non-binary and gender-diverse community

Mermaids supports transgender, non-binary and gender-diverse children and young people, as well as their families and professionals involved in their care.

Website: www.mermaidsuk.org.uk

Mindcanyon



For: All

An award-winning mental health, workplace wellbeing & Suicide First Aid training company. We specialise in providing comprehensive CPD-approved training programs tailored to enhance mental health awareness and wellbeing in the workplace. Our courses are designed to equip individuals with the skills necessary to create supportive work environments.

Email: info@mindcanyon.co.uk

Website: www.mindcanyon.co.uk

MindDoc



For: All

MindDoc is a leading monitoring and self-management app for promoting emotional well-being and coping with such mental illnesses as depression, anxiety, insomnia, and eating disorders. MindDoc can be used by itself for prevention or self-help, or as a part of treatment with a mental health practitioner.

Website: www.minddoc.com/de/en

App: Download on iTunes and Google Play

Mind Info Line



For: Non English-speaking community

Our team provides information on a range of topics including: types of mental health problems where to get help, medication and alternative treatments, advocacy. We can provide an interpreter using Language Line. This service offers translation in over 170 languages. Remember to ask for the Language Line service when you call.

Infoline: 0300 123 3393 (9am to 6pm, Monday to Friday except for bank holidays).

Support line: 0300 102 1234 (9am to 6pm, Monday to Friday except for bank holidays).

Email: info@mind.org.uk

Website: www.mind.org.uk/information-support/helplines

MindLine Trans+

For: People who identify as transgender, agender, gender-fluid and non-binary

MindLine Trans+ is a confidential emotional, mental health support helpline for people who identify as transgender, agender, gender-fluid and non-binary. We are also here to support family members and friends and to provide signposting to other services and resources. We are a national helpline, you can call us from anywhere in the UK. The MindLine Trans+ provides a safe place to talk about your feelings confidentially. We don't record calls nor ask for any personal details. We are here to listen and offer our support.

Tel: 0300 330 5468 (Friday 8pm to 11pm)

Website: www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans

Molly Rose Foundation

For: Children and young people

The Molly Rose Foundation works to prevent suicide in young people through education, awareness, and support focused on online safety and mental health. Founded in memory of a young person lost to suicide.

Website: www.mollyrosefoundation.org

Directory: Resource guide available

MindOut

For: Lesbian, Gay, Bisexual, Trans & Queer Community

MindOut is a Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service. The online chat service is confidential, non-judgemental and anonymous. Open every day including weekends and evenings.

Website: www.mindout.org.uk/our-services/mindout-online

Services: Counseling, crisis support, and resources

NHS111

For: All

24/7 urgent mental health support, for people of all ages who need urgent mental health support. The helpline is available all day, every day.

Helpline: 111 option 2

Website: 111.nhs.uk

Mind UK

For: Anyone experiencing mental health challenges and suicidal thoughts

Mind UK is a major mental health charity providing suicide prevention support, information, and resources across the UK. Offers helpline support, online resources, and suicide prevention guidance addressing mental health challenges and suicide prevention for all demographics.

Website: www.mind.org.uk

Niamh Louise Foundation

For: Young women and girls (14-24)

The Niamh Louise Foundation provides suicide prevention and self-harm support specifically for young women and girls. Offers group therapy, one-to-one support, and community outreach.

Website: www.niamhlouisefoundation.com

The Mix

For: Under 25s

The Mix is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. Open 365 days a year, for absolutely anything you are going through.

Crisis messenger: Text THEMIX to 85258 (24/7)

One-to-one chat: Sun to Thu at 8 – 9.30pm

Website: www.themix.org.uk

Nightline**For: University Students**

Emotional support for students in distress. Nightlines are confidential, anonymous, non-judgemental, non-directive and non-advisory support services run by students for students.

Find yours: Number depends on your university

Website: www.nightline.ac.uk/want-to-talk

Olly's Future**For: Medical students and healthcare professionals**

Olly's Future provides suicide prevention training and mental health support specifically for medical students and healthcare professionals. Offers training programs and resources focused on equipping healthcare workers with suicide prevention skills.

Website: www.ollysfuture.org.uk

Training: Medical student suicide prevention training

No Limits**For: Young people**

No Limits provides mental health and self-harm support specifically for young people. Offers counseling, peer support, and resources for young people experiencing mental health challenges, self-harm, and suicidal thoughts.

Website: www.nolimitshelp.org.uk

Services: Counseling and peer support available

PIPS Suicide Prevention**For: All ages**

PIPS (People Informing People Suicide prevention) provides training, resources, and support services to individuals and communities across the UK. Offers suicide prevention training and support for people affected by suicide.

Website: www.pipscharity.com

Oli Leigh Trust**For: All ages**

The Oli Leigh Trust provides mental health and suicide prevention support focused on community-based approaches and grant programs. Offers resources and support to help individuals and communities address mental health challenges and suicide prevention.

Website: www.theolileightrust.org

Grants: Available for mental health initiatives

Queer Futures**For: LGBTQ+ individuals, especially young people**

Queer Futures provides LGBTQ+ mental health support and resources with specific focus on suicide prevention and self-harm support in LGBTQ+ communities. Offers mental health services and crisis support tailored to LGBTQ+ needs.

Website: www.queerfutures.co.uk/help/

The OLLIE Foundation**For: All**

In 2016, three parents who had all lost their teenage sons to suicide, vowed to do all they could to prevent other families suffering similar tragedies. And so The OLLIE Foundation was born. OLLIE provide fully funded mental health support for students and young people. All courses are fully funded through donations, fundraising and generous grants. If you wish to book in-house training please contact us.

Website: www.theolliefoundation.org

Training: Suicide prevention training and professional development courses

Rethink



For: All

Rethink provides expert, accredited advice and information to everyone effected by mental health problems. They have mental health services and support groups across England, find your nearest service via the website. Rethink Advice and Information Service: offers practical help on issues such as the Mental Health Act, community care, welfare benefits, debt, criminal justice and carers rights. They also offer general help on living with mental illness, medication, care and treatment.

Tel: 0808 801 0525 (weekdays 9.30am to 4pm, excluding bank holidays). Webchat 10am to 1pm

Website: www.rethink.org/

Advice line: 0808 801 0414 (Monday-Friday, 9:30am-4:30pm)

SANE



For: All

Our trained and experienced team of staff and volunteers are here to provide emotional support by phone, email and text, 365 days a year. You can also share experiences with others in our online peer-led forum. If you're struggling with mental illness, or you're caring for someone and would like to get in touch, we're here for you.

Helpline: 0300 304 7000 (daily from 4pm to 10pm)

Website: www.sane.org.uk

Ripple Suicide Prevention



For: All

Ripple is a digital crisis intervention tool, which if a user searches for harmful content online, they will first be guided through a filter of breathing exercises and then very simple, uncluttered and calmly presented strategies and forums, help lines and mental health services they can access both now and longer term: accompanied with messages of hope and encouragement to keep safe. It's a free tool for the education sector, charities, individuals, parents and guardians.

Website: www.RippleSuicidePrevention.com

SASMHA (South Asian Sexual & Mental Health Alliance)



For: South Asian LGBTQ+ communities

SASMHA provides mental health support and suicide prevention resources specifically for South Asian LGBTQ+ individuals and communities. Addresses intersectional mental health needs and suicide prevention within South Asian LGBTQ+ populations.

Website: www.sasmha.org

Contact: www.sasmha.org/contact

Samaritans



For: All

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Great Britain and Ireland.

Helpline: 116 123 (free, 24/7)

Website: www.samaritans.org

Email: jo@samaritans.org

Contact: Available for crisis support

Say It Lad



For: Men across the UK

The UK's first anonymous men's mental health support service, offering lad-to-lad peer support rather than professional therapy. Men send a voice note by WhatsApp and can listen anonymously to messages left by other men on The Wall. Whats

App: +44 7502 159080 (free, anonymous, 24/7). Email sayit@sayitlad.com

Website: www.sayitlad.com

SAMH (Scottish Association for Mental Health)



For: All ages in Scotland

SAMH is a Scotland-based organization providing suicide prevention training, resources, and support services across Scotland. Operates Scotland's biggest community suicide prevention team and focuses on mental health and suicide prevention for all demographics.

Website: www.samh.org.uk

Resources: Dedicated resources and training programs available

Sean's Place**For: Men**

Sean's Place is a men's mental health charity in Sefton, Liverpool, focusing on suicide prevention through peer support groups, training, and community engagement specifically for men.

Website: www.seansplace.org.uk

Side by Side**For: All**

Side by Side is a supportive online community where you can feel at home talking about your mental health and connect with others who understand what you are going through. The community is available to all, 24/7. Side by Side is moderated daily from 8.30am to midnight.

Website: www.mind.org.uk/information-support/side-by-side-our-online-community

Sheffield Suicide Support and Prevention**For: All ages, particularly in Sheffield and surrounding areas**

Sheffield Suicide Support and Prevention provides comprehensive suicide prevention and support services for individuals experiencing suicidal thoughts or crises. Offers crisis support, information resources, and bereavement support for families and friends affected by suicide.

Website: www.sheffieldsuicidesupport.co.uk

Resources: Comprehensive suicide prevention information and signposting

SIFT (Self Injury Support)**For: All ages**

SIFT (formerly Self Injury Support) is a specialist self-harm charity providing one-to-one peer support, group support, and resources for people of all ages who self-harm. Based in Bristol with national reach.

Website: www.sift.org.uk

By post: Available

Shining a Light on Suicide**For: All ages including bereaved individuals**

Shining a Light on Suicide is a national network and resource hub providing suicide prevention support, bereavement support, and community resources. Offers support for specific groups including military, LGBTQ+, and bereaved families.

Website: www.shiningalightonsuicide.org.uk

App: Free app available

Community: Regional listings

The Silver Line**For: The older community**

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Tel: 0800 4 70 80 90 (free, 24/7)

Website: www.thesilverline.org.uk

Shout 85258**For: All**

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text: Shout to 85258 (free, 24/7)

Website: www.giveushout.org

SLOW – Surviving the Loss of Your World**For: Bereaved families**

We are here to support you following the devastating loss of your child or sibling. We provide an informal, quiet space for you to meet with other bereaved parents and siblings and share your experiences.

Website: www.slowgroup.co.uk

Sibling Support**For: All**

Sibling Support is a website designed by siblings, for siblings. We are here to help young people cope with the death of a sibling. Resources include personal stories, helpful advice on managing grief, and videos.

Website: www.siblingsupport.co.uk

Space North East

**For: All ages**

Space North East is a mental health service providing support for people experiencing mental health challenges and suicidal crises. Offers accessible mental health resources, crisis support, and community-based services across the North East.

Website: www.spacenortheast.org

Speak Their Name

**For: Anyone bereaved by suicide**

Speak Their Name is a national suicide memorial quilt project providing bereavement support for people who have lost someone to suicide. Offers a creative, therapeutic space for grief expression through regional quilt workshops and community events.

Website: www.speaktheirname.org

Regional groups: Multiple UK locations (Yorkshire, Lothians, Cornwall, Hampshire, Lincolnshire, North East, Somerset)

Workshops: Available in multiple locations

StayAlive

**For: All**

The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe

Website: www.stayalive.app

Student Minds

**For: Students**

If you are a student struggling with mental wellbeing or looking to support someone you know, Student Minds can help support you by offering student-led peer support programmes and signposting you to resources that can support your needs.

Website: www.studentminds.org.uk

Support: Resources and support for student mental health

Suicide Bereavement UK

**For: Anyone bereaved by suicide**

Suicide Bereavement UK is a specialized bereavement support organization providing training, resources, and support for people affected by suicide death. Offers evidence-based bereavement support, training programs, and community resources for suicide loss survivors.

Website: www.suicidebereavementuk.com

Support: Evidence-based bereavement support training and resources

Suicide&Co

**For: All**

We strongly believe in the power of conversation and use a variety of initiatives to spark conversations and encourage open dialogues around bereavement from suicide and mental health more generally. In terms of the services we provide, we focus on one-on-one professional support through talking therapies offering our Counselling Service and Helpline that are staffed by bereavement counsellors.

Helpline: 0800 054 8400 (9am–5pm Monday to Friday)

Website: www.suicideandco.org

Counselling: One-to-one and group bereavement counseling available

Crisis support: Available for those in immediate distress

Suicide Crisis

**For: Anyone bereaved by suicide or experiencing suicidal thoughts**

Suicide Crisis provides crisis support and bereavement services for people affected by suicide. Offers emotional support, resources, and guidance for both those experiencing suicidal thoughts and those grieving a suicide loss.

Website: www.suicidecrisis.co.uk

Crisis support: Bereavement and crisis support services

Tel: 07975 974455 (9am–10pm daily)

Email: contact@suicidecrisis.co.uk

Suicide Prevention Scotland

**For: All ages in Scotland**

Suicide Prevention Scotland is a coordination service for suicide prevention across Scotland. Provides information, signposting to services, and suicide prevention resources tailored to all demographics throughout Scotland.

Website: www.suicideprevention.scot

Contact: www.suicideprevention.scot/about-suicide-prevention-scotland/contact

TalkLife

**For: All**

TalkLife is a peer-to-peer network where you can share the ups and the downs of life. No judgement – just a whole lot of support.

App: Download via App Store or Google Play

Website: www.talklife.co/about

Support Line

**For: All**

We offer confidential emotional support to children, young adults and adults by telephone, email and post. We work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self-esteem to encourage healing, recovery and moving forward with life. We also keep details of counsellors, agencies and support groups throughout the UK.

Tel: 01708 765200 (hours vary)

Website: www.supportline.org.uk

TASC (The Alliance of Suicide Prevention Charities)

**For: All ages**

TASC is an alliance organization bringing together suicide prevention charities across the UK. Provides coordination, resources, and advocacy for suicide prevention efforts and supports member organizations in their work.

Website: www.tasc-uk.org

Survivors of Bereavement by Suicide (SOBS)

**For: Anyone bereaved by suicide**

National support groups for those bereaved from suicide.

Website: www.uksobs.org

Support groups: Available across multiple UK locations

Counselling: Professional counseling services available

TellMi

**For: Young people aged between 11-25**

TellMi is the only pre-moderated (by humans) digital peer support app where posts are approved in minutes, not hours. It has been independently demonstrated to improve mental health and is loved by young people aged 11-25.

Website: www.tellmi.help/

App: Download on iTunes and Google Play

Switchboard LGBT+ Helpline

**For: LGBTQ+ community**

You can talk about anything with the Switchboard volunteers, who all self-define as LGBT+. Nothing is off limits, and the volunteers understand how anxious you might feel before you pick up the phone. Calls are confidential and they only finish when you're ready.

Helpline: 0800 0119 100 (lines open every day 10am-10pm)

Online chat: www.switchboard.lgbt/contact

Website: www.switchboard.lgbt/

Togetherall



For: All

Togetherall is a vibrant online mental health and wellbeing service offering self-help programmes, creative outlets and a community that cares. Available 24 hours a day, 365 days a year so whether you're dealing with everyday stressors or major life events, we'll help you get through it. Our service is moderated 24/7 by trained practitioners who keep our members safe, and facilitate the process of people helping people in an online environment.

Website: www.togetherall.com

The Tomorrow Project (part of Harmless)



For: Young people and adults

The Tomorrow Project (part of Harmless organization) provides crisis support, bereavement support, and suicide prevention services. Offers confidential support for those experiencing suicidal thoughts or self-harm.

Website: www.tomorrowproject.org.uk

Tel: 0115 880 0280

Email: crisis@tomorrowproject.org.uk

Crisis support: Available 24/7

Bereavement: Specialized bereavement support available

Tough Enough to Care



For: Men of all ages

Tough Enough To Care is aimed predominantly at men of all ages who currently fall into the trap of having to act macho instead of talking about feelings and the main aim is to prevent male suicide. We provide a one stop shop for mental health support. In the first instance, to provide somewhere for men seeking help, support or just someone different to talk to. We also want to offer guidance for others that have been affected as a result of mental health issues.

Website: www.toughenoughtocare.help

Tough to Talk



For: All ages

Tough to Talk is a suicide prevention and mental health support service providing training, resources, and support services to help people talk about difficult topics including suicide.

Website: www.toughtotalk.com

Training: Suicide prevention training programs available

Traveller Counselling Service



For: Gypsy, Roma and Traveller people

The Traveller Counselling Service was launched in February 2008 initially as a one year pilot project which since has developed into a community based counselling service for the Traveller community.

Tel: 01-868 5761 / 086-308 1476

Email: info@travellercounselling.ie

Website: www.travellercounselling.ie

The Traveller Movement



For: Gypsy, Roma and Traveller people

Established in 1999, the Traveller Movement has an award-winning track record in innovative and ground-breaking work using a collective community assets-based approach for addressing ethnic Romany Gypsy, Irish Traveller and Roma inequality, exclusion and discrimination and promoting their rights

Website: www.travellermovement.org.uk

Traveller Pride



For: LGBT+ Travellers

We are group made up of Travellers (used as inclusively as possible) who are LGBT+ (likewise) who want to provide a platform for our intersectional community. We act as a network that can provide guidance, support and information to make life easier for LGBT+ Travellers as well as providing essential services, meetup spaces and collaborating with other organisations to make them more welcoming to us.

Website: www.lgbttravellerpride.com

Tyler Abdul Foundation



For: Young people

The Tyler Abdul Foundation provides suicide prevention and awareness support specifically for young people. Founded in memory of a young person who died by suicide, the foundation focuses on preventing youth suicide through education, awareness, and support programs.

Website: www.tyfo.org.uk

Vetlife**For: Veterinary community**

Independent, confidential and free help for everyone in the veterinary community including veterinary nurses and students. Our charity provides a 24/7 phone and email helpline; professional mental health support; financial assistance; information and resources.

Tel: 0303 040 2551 (24/7)

Website: helpline.vetlife.org.uk

Will Garvey Trust Foundation**For: All ages**

The Will Garvey Trust Foundation provides suicide prevention support and resources. Founded in memory of Will Garvey, the foundation focuses on raising awareness and providing support for suicide prevention across communities.

Website: www.willgarveytrustfoundation.org.uk

Wellity**For: All**

Wellity Global is the recognised provider of mental health and wellbeing training to over 1,000,000 employees across 70 countries and including all industries and sectors.

Website: www.wellityglobal.com

Winston's Wish**For: Anyone up to the age of 25**

Winston's Wish provides emotional and practical bereavement support to children, young people (up to 25) and those who care for them. Our expert teams offer one off and ongoing bereavement support and we also provide online resources, specialist publications and training for professionals.

Helpline: 08088 020 021 (weekdays 8am – 8pm)

Email: ask@winstonswish.org

Live chat: via the website (weekdays 3pm – 8pm)

Website: www.winstonswish.org

What's Behind the Smile**For: All**

What's Behind the Smile is to offer help to those suffering mental health anguish. We want to help others. We want to make a difference.

Helpline: 07855 088074 (call or text 24/7)

Website: www.whatsbehindthesmile.co.uk

YoungMinds**For: Young people up to 25, and their parents and carers**

National charity for children and young people's mental health. Free Parents Helpline for anyone caring for a young person up to 25, plus a 24/7 crisis text service for young people themselves, answered by trained volunteers.

Helpline: Parents Helpline 0808 802 5544 (Mon to Fri 9:30am to 4pm). Young people text YM to 85258, free 24/7

Website: www.youngminds.org.uk

Widowed and Young**For: Anyone under 51 who's lost a partner**

WAY is a UK charity that offers a peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, inclusive of sexual orientation, gender, race and religion.

Helpline: 0300 201 0051 (Monday to Friday 9.30am – 5:00pm)

Website: www.widowedandyoung.org.uk

Zero Suicide Alliance**For: All ages**

Zero Suicide Alliance is a collaborative initiative promoting the Zero Suicide approach to suicide prevention in healthcare and community settings. Provides training, resources, and advocacy.

Website: www.zerosuicidealliance.com

Resources: Training materials and toolkits

Signs

Below are some signs to look out for in behaviour, emotion and speech that may indicate someone is at risk of suicide.

Behavioural markers

Behavioural markers include (but are not limited to):

- Isolating from others
- Not communicating with friends or family
- Giving away possessions or writing a will
- Driving recklessly
- Increased aggression
- Increased drug and alcohol use
- Searching about suicide on the Internet
- Taking an increased amount of time off of work
- Change in sleeping patterns
- Financial difficulties (e.g. spending more money than they can afford to spend)
- Relationship difficulties
- Gathering materials (pills or a weapon)

Emotional markers

Emotional markers include (but are not limited to):

- Feeling depressed
- Lack of interest in activities once enjoyed
- Irritability
- Anger
- Anxiety
- Shame or humiliation
- Mood swings

Physical markers

Physical markers include (but are not limited to):

- Weight gain or weight loss
- Acne
- Signs of self-harm
- Lack of hygiene
- Loss of interest or lack of care about their appearance

Direct verbal markers

Verbal markers include (but are not limited to) talking about:

- Killing themselves
- Their life having no purpose
- Feeling like a burden
- Feeling stuck
- Not wanting to exist
- Financial difficulties
- Relationship difficulties

It's important to note that sometimes there are no 'signs' at all.

Indirect verbal markers

Indirect verbal expressions may include:

- Hopelessness
- Failing to see a future
- Believing they are a burden to others
- Saying they feel worthless or alone
- Talking about their death or wanting to die
- Financial difficulties
- Relationship difficulties

Factors and questions

Risk factors

Risk factors that may indicate someone is at a higher risk of suicide include (but are not limited to):

- History of substance abuse
- Access to firearms
- Difficult life events
- Isolation from others
- History of mental illness
- History of physical, emotional or sexual abuse
- Having a terminal or chronic illness
- Past suicide attempts
- Experiencing bullying
- Feeling uncertain about their sexual orientation

The six questions

There are 6 elements that may present danger to a person thinking about suicide, we must ask the person we are supporting the following questions.

1 Are you alone?

Being alone can pose a risk to a person who is considering suicide, especially if the person doesn't have anybody to speak to, therefore we must ask the person if they have a safety contact or link to professional support.

2 Are you in pain?

If the person is experiencing high levels of emotional pain, continue the conversation, this may help reduce that in some way for them.

3 Do they have a plan?

If they have the means and a plan in which to suicide, we must consider how we would dismantle that plan.

4 Have they attempted to end their life before?

We also need to know if they have ever attempted suicide before, if they've just had thoughts of suicide, If they've only ever had thoughts of suicide and not, acted on the thoughts, they are less likely, to end up at the point of death than somebody who has had thoughts and has acted on them.

5 Is the person using alcohol or drugs?

If so, we must discuss no use of safe use.

6 Have you been given a mental health diagnosis?

If they have it means they may already be linked to the GP or clinical support.

Once we have asked the 6 questions, we then need to consider what needs to be done now for safety and who can help them with this, i.e. out of hours G.P, friends, family or faith groups

Helping a suicidal friend

If someone you know is feeling suicidal, they might need someone they feel safe with to talk to express their feelings, fears and anxieties with, and to be themselves with.

What might someone who is suicidal want?

Someone to listen

Someone who will take time to really listen to them. Someone who won't judge, force advice or opinions, but will give their undivided attention.

Someone to trust

Someone who will respect them and won't try to take charge. Someone who will treat everything in complete confidence.

Someone to care

Someone who will make themselves available to put the person at ease in a calm manner. Someone who can reassure, accept and believe them. Someone who can show that they care.

What might someone who is suicidal NOT want?

To be alone

Rejection can make the problem seem ten times worse. Having someone to turn to makes all the difference.

To be lectured

Lectures don't help. Nor does a suggestion to 'cheer up' or an easy assurance that 'everything will be OK'. Try to avoid analysing.

To be interrogated

Don't change the subject, pity or patronise. Talking about feelings can sometimes be difficult. People who get the confidence to speak to you about suicide will not be rushed or put

About Ripple Suicide Prevention

Ripple Suicide Prevention is a charity founded by Alice Hendy MBE after she lost her brother Josh to suicide at 21 years old. Josh had been searching the internet for ways to take his own life. The charity's pioneering technology was created to protect people online at their most vulnerable moments. It intercepts harmful searches related to self-harm, suicide and a wide range of mental health challenges, offering a message of hope and guiding people in crisis to free mental health support.

To date, Ripple technology protects close to 2 million people across more than 110 countries and territories and has intercepted more than 120,000 harmful searches. It is available free of charge to individuals, parents, schools, colleges, universities and charities worldwide.

Through Ripple For Business, the technology helps commercial and public-sector organisations protect their people from online harm. It provides proactive intervention at the moment of crisis, strengthening workplace mental health support and creating a safety net for employees, customers and visitors.

Learn more: RippleSuicidePrevention.com

