

ACHD Psychology Resources:

Suicide

Useful resources:

NHS Conditions (*help for suicidal thoughts*)

<https://www.nhs.uk/conditions/suicide/>

Public health network Cymru (*useful resources and information*)

<https://www.publichealthnetwork.cymru/en/topics/mental-health/suicide-and-self-harm/>

Mind (*has a website full of information on all sorts of mental health topics including suicide*)

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings/>

Samaritans (*offer a listening ear to anyone who is distressed, despairing or feeling suicidal. Their helpline is available day and night and is free*) Tel: 116 123 (freephone)

<https://www.samaritans.org/?nation=wales>

Campaign Against Living Miserably (CALM) (*Has information, online chat and a helpline targeted at men to tackle depression and suicide.*)

<https://www.thecalmzone.net/>

SOS Suicide of Silence (*suicide support and information*)

<https://sossilenceofsuicide.org/what-where-why/>

Call: 0300 1020 505 (9am-midnight)

Text advice line

(If you don't wish to walk to someone over the phone, these text lines are open 24 hours a day, every day)

Shout Crisis Text Line

Text "SHOUT" to 85258

Young Minds Crisis Messenger (*for people under 19*)

Text "YM" to 85258

