

Help with suicidal thoughts

If you are experiencing suicidal thoughts here are some things that may help:

Talking about suicidal thoughts

You may be worried about telling someone, it's important to open up to someone you trust.



Keep yourself safe today

Agree with yourself not to end your life today. Remove anything you could use to harm yourself and stay away from alcohol and drugs. Find something that you enjoy doing or that can act as a distraction. Just take it day by day.

Support for suicidal thoughts

Contact your GP for support
Samaritans 116 123 (24hrs/day)
Breathing Space 0800 83 85 87

(Mon–Thurs: 6 pm–2 am,
Fri: 6 pm–Mon 6 am)

For online Support and resources visit:

<https://stayingssafe.net/>

SHOUT: Crisis text line
85258 (24 hours, everyday).

If you are at immediate risk of suicide call 999 for help.

For more information visit Heads Up Website
<http://headsups Scot/>