

# Suicide Safeguarding Fact Sheet



**safeguarding at**  
the **skills** network

## Suicide

### Emergency options

If you or somebody else needs help right now, there are a few options:

- Call 999 and explain the situation
- Go to A&E
- Call a friend or family member
- Contact the Samaritans on 116 123 (they have a 24-hour service)
- Contact your GP for an emergency appointment.

Each area also has a mental health crisis team - you can find their contact details on the internet.

### What support is out there?

There is lots of support available for people who feel suicidal. If you feel able, the best place to visit first is your GP (for non-emergency situations).

Your GP will listen to what you have to say, and then might recommend a number of options for you, which could include one or a combination of:

- Medication
- Therapy – this could be counselling, or Cognitive Behavioural Therapy (CBT). A therapist may also refer you to a specialist mental health team if they feel that you could benefit from this.

The Mind website contains useful strategies for helping yourself when you are feeling suicidal: click here to access the Mind's resources on suicidal feelings

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

If you have a safeguarding concern regarding suicide, please contact The Skills Network's Designated Safeguarding Lead, Craig Tupling (Executive Director – Delivery and Quality), via email at [safeguarding@theskillsnetwork.com](mailto:safeguarding@theskillsnetwork.com) or on **01757 600706**.

### Resources & Helplines

Papyrus - <https://www.papyrus-uk.org/>

Samaritans - <https://www.samaritans.org/>

The Hub Of Hope - <https://hubofhope.co.uk/>

Shout - Text based service- 85258

Shining a Light on Suicide - <https://shiningalightonsuicide.org.uk/support/lgbt-foundation/>

