



World Suicide Prevention Day is a global event occurring every year on the 10th September and it aims to provide worldwide commitments and actions to prevent suicides.

Every year in Lambeth, 17 people take their own lives and each of these deaths affects many more people who have known and loved them.

We're committed to preventing suicides in Lambeth and ensure that nobody takes their own life in the borough. And we can all help to do so.


If you are struggling with your mental health or experiencing suicidal thoughts, know that you don't have to struggle alone: there is help at hand.


Try and speak with a close family member or friend, as they might be able help you feel calmer and find some breathing space. If you can't think of anyone, or would rather not talk to your loved ones, there are people and supportive services that will listen and help you through this time in your life.


24/7 immediate help

Under 18

Papyrus national help line for any young people under the age of 35


 0800 068 4141

 07786209697


 pat@papyrus-uk.org

18 and over

South London and Maudsley NHS Trust
24-hour mental health crisis line

 0800 731 2864 (Option 1)

Solidarity in a Crisis is a free, out-of-hours phone line for those in a crisis run by peer supporters with lived experience.

 0300 123 1922

Kooth is a free online counselling and wellbeing platform for children and young people aged 10-25.



mjames@xenzone.com



<https://www.kooth.com>

Shout provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.



text YM to 85258

Samaritans has a free to call service 24 hours a day, 365 days a year, if you want to talk to someone in confidence.



116 123.

The Listening Place provides free, face-to-face, ongoing support, by appointment, for those who feel that life is no longer worth living.



020 3906 7676



<https://listeningplace.org.uk>

Choose to postpone your decision if just for today whilst you contemplate all this information.

If you don't feel able to keep yourself safe right now, call 999 or go to A&E.

If you are concerned about someone, you feel like something's not quite right with someone, what you see or hear seems worrying, someone you know well seems different or preoccupied or perhaps you're concerned about a stranger that seems distressed – trust your instincts and reach out. Even a little small talk can be all it takes to interrupt somebody's suicidal thoughts and save their life. We want to give as many people as possible the skills to notice if someone might be at risk and give them the confidence to approach them.

The Thrive LDN and Zero Suicide Alliance 20 minutes free online awareness course is a good introduction on how to recognise the signs of distress and how to approach that conversation: <https://www.eventbrite.com/cc/lambeth-suicide-prevention-training-170719>

If you're still not confident enough and would like some extra training on how reach out to people, you can sign up to one of Lambeth Council's suicide prevention training sessions: <https://www.eventbrite.com/cc/lambeth-suicide-prevention-training-170719>

If you have been bereaved by suicide or know someone who has, and need support at this difficult time, South London and Maudsley and Mind offer practical support with things like funeral arrangements, as well as emotional support after the death and during the grieving process <https://slam.nhs.uk/suicide-bereavement-service>