**Pick Up This Toolkit You Are Not Alone**

**Primary Care and Suicide Prevention in Shropshire, Telford & Wrekin**

**Signposting and Support First Points of Contact**

**Crisis Services**

* **Text SHOUT** to **85258** (available 24/7). UK crisis text service available for times when people feel they need immediate support.
* **Samaritans, 24/7** – **Call 116 123**
* **FREEPHONE 24/7 Urgent NHS Mental Health Helpline** [0808 196 4501](mailto:0808%20196%204501) or email [access.shropshire@mpft.nhs.uk](mailto:access.shropshire@mpft.nhs.uk)

**Keeping People Safe**

* StayingSafe.net – Safety plan template to complete electronically online or download **to complete with the patient if expressing suicidal thoughts**
* **StayAlive app** – Stay alive app - free resource with information and tools to help you stay safe if you are having thoughts of suicide or concerned about someone else

**Support for Children, Young People and Adults aged under 35**

* **Papyrus Hopeline247** – www.papyrus-uk.org/papyrus-HOPELINE247/ If you are having thoughts of suicide or are concerned for someone else.

Call: 0800 068 4141 Text: 07860 039967

**Community Support**

* Telford Mind: <https://telford-mind.co.uk/> or call (07434) 869248
* Shropshire Mental Health Support: [www.shropshiremhs.com](http://www.shropshiremhs.com) or call 01743 368 647

**Suicide prevention: are you concerned about someone?**



**Recognise the signs:** loss of job or relationship, sense of withdrawing, self-harm or talking about suicide. There may be suicidal thoughts. There may be no signs at all. It’s always safest to ask.

**What to say:** it’s normal to feel anxious but it’s safer to say something rather than nothing. Ask open questions and if in doubt, ask directly.

**Listen to the person.** It may take a lot of courage for them to talk to you about how they are feeling.

**Offer to support them in seeking help.** There are lots of places where they can get confidential advice and support NHS 111 online or call 111MPFT 24/7 Urgent Mental Health Helpline: 0808 196 4501, Shropshire MHS: 01743 368647, Telford Mind: 07434 869248 or the **Samaritans 116 123.**

**Get medical help:** If someone is at immediate risk (if they have made plans or harmed themselves), get immediate medical help or call 999.

**Share concerns with colleagues who may also be supporting that person.** Pass on information about any support you’ve given them. Talk to your manager and don’t take concerns home.

**Look after yourself:** be active & connect with others.

Get support if you need it from the STW Staff Psychological Wellbeing Hub: stwtraininghub.co.uk/staff-psychological-wellbeing-hub or call the NHS support line: 0800 0696222 **(open 7 days from 7am-11pm).**

**Learn more:** Free 20 minute suicide prevention online learning from the Zero Suicide Alliance [www.zerosuicidealliance.com/training](http://www.zerosuicidealliance.com/training)

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**You won’t increase the risk by talking about it**

**Further local information on suicide prevention resources can be found at:**

[Suicide and suicidal thoughts - NHS Shropshire, Telford and Wrekin (shropshiretelfordandwrekin.nhs.uk)](https://www.shropshiretelfordandwrekin.nhs.uk/advice-for-professionals/mental-health-services/suicide-and-suicidal-thoughts/)