

# World Suicide Prevention Day

**Wednesday 10 September 2025**

Getting help doesn't need to be scary. Having space to talk with a trusted adult in a safe environment is important. Here are some useful services which provide support..



## You can call...

- **Papyrus Hopeline** on 0800 068 41 41 (free from any phone), 24 hours a day.
- **The Samaritans** on 116 123 (free from any phone), 24 hours a day.



## You can text...

- 'SHOUT' to 85258 for support. The service provides help and signposting to health and wellbeing resources. The service is confidential and available 24 hours a day.



## Use these apps..

- Stay Alive app is free and provides information and tools to help you stay safe.
- DistrACT app is free and provides support and information for people who feel suicidal.
- Tellmi Tellmi is a safe, anonymous app where you can talk about absolutely anything.



Maybe you've been bereaved by suicide or you know someone who has. Grief can cause intense complex feelings. Here are some help pages to support you:

**WINSTON'S  
WISH WW**



**mind**



**If you or someone else is in urgent need of support call 111, option 2 or 999 in an emergency.**

For further support and guidance, please visit our website:

[www.leicspart.nhs.uk/mental-health](http://www.leicspart.nhs.uk/mental-health)