



CALM (Campaign Against Living Miserably) for men phone number 0800 58 58 58 5pm-Midnight daily they also have a web chat page

<https://www.thecalmzone.net/help/webchat/>

The Samaritans free phone number is 116 123

Breathing Space 0800 83 85 87, Weekdays: Monday-Thursday 6pm to 2am

Weekend: Friday 6pm-Monday 6am

Hopeline UK is a confidential support and advice service for young people under 35, or anyone concerned about a young person. Call: 0800 068 41 41 Text: 07786209697 Email: pat@papyrus-uk.org Opening hours are 10am-10pm weekdays, 2pm-10pm weekends, and 2pm-10pm Bank Holidays.

Childline for children and young people under 19 Call 0800 1111


Silverline for older people call 0800 4 70 80 90

Beyond Blue also has advice

<https://www.beyondblue.org.au/the-facts/suicide-prevention/worried-about-suicide/talking-to-someone-about-your-suicidal-feelings>

STOP Suicide is an award-winning suicide prevention campaign which reaches across Cambridgeshire and Peterborough, but their learning and approach and pledge to stop suicide is something we can all share

<https://www.stopsuicidepledge.org/>



The Suicide-Safer Communities designation honours communities that have implemented concerted, strategic approaches to suicide prevention.

<https://www.livingworks.net/community/suicide-safer-communities/Title>