



**College of Medical, Veterinary & Life Sciences Ethics Committee for
Non-Clinical Research Involving Human Subjects**

APPENDIX F: SUPPORT SHEET

1. SUPPORT FOR PEOPLE EXPERIENCING SUICIDAL THOUGHTS AND FEELINGS.

At some time in all of our lives, we feel down, depressed or low. If you are feeling down or are worried about something and would like to speak to someone, please see the list of organisations below. You may also wish to contact your GP or another healthcare professional.

[If you think your life or someone's life is in danger you should visit an emergency department or call an ambulance by dialling 999.](#)

NHS 24. Health Information and Self Care Advice

NHS 24 provides comprehensive up-to-date health information and self-care advice. If your GP surgery is closed and you can't wait until it opens, you can call NHS 24. They will direct you to the right care for you or the person you are calling for. This may be to your local Health Board's out of hours services, Accident and Emergency department, or the Ambulance Service. If appropriate, they may recommend some steps you can take to look after yourself at home.

<https://www.nhs.uk> - Tel: **111-choose mental health option**

Samaritans

Samaritans is a support service available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

<https://www.samaritans.org/> - Tel: 08457 90 90 90 & **116 123 (from everywhere)**

CALM (campaign against living miserably)

CALM is leading a movement against suicide, with a particular focus on men who are often more at risk. They have a national helpline, webchat and online resources for support

www.thecalmzone.net Helpline 0800 58 58 58 - London 080 802 58 58 OPEN 7 days a week 17.00-00.00

Email info@thecalmzone.net - Webchat www.thecalmzone.net/help/webchat/

PAPYRUS

This is a national charity which helps to stop young suicide. They run HOPELineUK. HOPELineUK give practical advice and information to: children, teenagers and young people up to the age of 35 who are worried about how they are feeling, and anyone who is concerned about a young person.

<https://www.papyrus-uk.org> - Telephone: 0800 068 41 41 (open Mon-Fri: 10am to 10pm, weekends: 2pm to 10pm & bank holidays: 2pm to 5pm) - SMS: 07786 209697 - Email: pat@papyrus-uk.org

The Mix

They offer a free, confidential helpline service for young people under 25.

Telephone: 0808 808 4994 (Open 11am – 11pm 7 days a week) E-mail: www.getconnected.org.uk/email-us/

Webchat: through the website: www.getconnected.org.uk

Men's Minds Matter

Men's Minds Matter is a not-for-profit organisation dedicated to the prevention of male suicide by building psychological resilience and emotional strength. The website has many resources and guides relating to male suicide including anger, stress, depression and how to support a man in crisis.

Website: <https://www.mensmindsmatter.org/>

Andy's Club

Andy's Club are talking club's for men. They have numerous clubs across the country and a national online group for those outside of current club catchment areas.

Website: <https://andysmanclub.co.uk/>

2. ADDITIONAL SUPPORT LINES

Alcohol Change

Alcohol Change UK is a UK alcohol charity. Their website links to a wide range of support services should you wish to speak to or get advice about your drinking. <https://alcoholchange.org.uk/>

Smokeline

Smokeline is Scotland's national stop smoking helpline, open every day from 8am-10pm. They have helped thousands of people and can help you too. Smokeline advisers can guide you through what's helped other smokers, and help you work out what's most likely to work for you.

<http://www.canstopsmoking.com/> - Tel: 0800 848 84 84

National Debtline

Provides free, independent, confidential advice on a self-help basis. You can contact them over the telephone, by e-mail or letter.

www.nationaldebtline.org - Telephone: 0808 808 4000 Monday to Friday 9am-8pm and Saturday 9.30am-1pm

Email: visit website to use email contact form

Switchboard – LGBT + Helpline

Switchboard gives practical and emotional support for lesbian, gay, bisexual or transgender people. You can talk to them about any issue.

Webchat: through the website - www.switchboard.lgbt - Telephone: 0300 330 0630 (open 10am – 11pm)

E-mail: chris@switchboard.lgbt

3. SUPPORT FOR PEOPLE BEREAVED BY SUICIDE.

Survivors of Bereavement by Suicide (SOBS)

SOBS offers support for those bereaved or affected by suicide through a helpline answered by trained volunteers who have been bereaved by suicide and a network of local support groups.

www.uk-sobs.org.uk / Helpline 0300 111 5065 Everyday 9.00-21.00 / Email sobs.support@hotmail.com

Help is at Hand

Produced by the Department of Health, this is a resource for people bereaved by suicide and other sudden, traumatic death in England and Wales. The booklet can be read online at: www.supportaftersuicide.org.uk/support-guides/help-is-at-hand/ or printed copies can be ordered by phoning 0300 123 1002 quoting 2901502/Help is at Hand.

The Compassionate Friends

This service supports bereaved parents and their families. They have a Shadow of Suicide (SOS) group that can put parents in touch with other parents who have lost a child to suicide.

Telephone: 0345 123 2304 (10am-4pm & 7pm-10pm daily) / Email: helpline@tcf.org.uk / Website: www.tcf.org.uk

Cruse Bereavement Care

Cruse offer free, confidential help to bereaved people.

Telephone: 0844 477 9400 (9.30am-5pm, Monday-Friday – excludes bank holidays, with extended hours until 8pm Tuesdays, Wednesdays and Thursdays) / Email: helpline@cruse.org.uk / Website: www.cruse.org.uk