

## **Suicide prevention - organisations and services that can provide support:**

**NHS Choices** If you are feeling suicidal, there are people you can talk to who want to help:

- speak to a friend, family member or someone you trust as they may be able to help you calm down and find some breathing space
- call the Samaritans 24-hour support service on 116 123
- go to your nearest accident and emergency (A&E) department and tell the staff how you are feeling
- contact [NHS 111](#)
- make an urgent appointment to see your GP

Read more about [getting help if you're feeling suicidal](#).

**P3 Wolverhampton** aims to improve lives and communities by delivering services for socially excluded and vulnerable **people** to unlock their **potential** and open new **possibilities**. Services include help with housing, education, employment, sexual health, families, criminal justice and general health and wellbeing. contacted

Phone: 08001076753

Email: [sam.bailey@p3charity.org](mailto:sam.bailey@p3charity.org)

Web: [www.p3charity.org](http://www.p3charity.org)

**Wolverhampton Healthy Minds** is a psychological therapies service for people who are experiencing common mental health problems such as depression, anxiety and stress. The wellbeing team is a recovery focussed service for people with more complex mental health problems.

Phone: 0800 923 0222 / 01902 441 856

Email: [wolverhampton.healthyminds@bcpft.nhs.uk](mailto:wolverhampton.healthyminds@bcpft.nhs.uk)

Web: [www.wolverhamptonhealthyminds.nhs.uk](http://www.wolverhamptonhealthyminds.nhs.uk)

**HOPELineUK** is a confidential support and advice service for young people under the age of 35 who may be having thoughts of suicide, or anyone concerned a young person may be having thoughts of suicide.

HOPELineUK is provided by POPYRUS Prevention of Young Suicide, the national charity for the prevention of young suicide.

Phone: 0800 068 41 41

Text: 07786 209 697

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Web: [www.papyrus-uk.org](http://www.papyrus-uk.org)

Opening hours are 10am-10pm weekdays, 2pm-10pm weekends, and 2pm-5pm Bank Holidays.

**Refugee Migrant Centre** assist refugees and migrants through crisis and disadvantage, by removing barriers to their integration and enabling them to become equal citizens.

Phone: 01902 311 554

Email: [info@rmcentre.org.uk](mailto:info@rmcentre.org.uk)

Web: [www.rmcentre.org.uk](http://www.rmcentre.org.uk)

**Base25** is a young person information and advice centre offering a daily drop in service and a range of other targeted and specialised projects/services including counselling/crisis counselling.

Phone: 01902 572040

Email: [enquiries@base25.org](mailto:enquiries@base25.org)

Web: [www.base25.org](http://www.base25.org)

**Samaritans** provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland, often through their telephone helpline. Samaritans help is available 24 hours a day.

Phone: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Web: [www.samaritans.org](http://www.samaritans.org)