

## Self Help Resources – Useful sites & Information

### Suicide Awareness

**If you are thinking about suicide ... read this first**

[www.metanoia.org/suicide/](http://www.metanoia.org/suicide/)

**Samaritans** – Free any time, from any phone on 116 123. A safe place for you to talk any time. You don't have to be suicidal to contact the Samaritans.

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

**Getting help if you're feeling suicidal** – NHS web pages, and information on causes, warning signs, getting help, helping others and prevention.

[www.nhs.uk/Conditions/Suicide/Pages/Getting-help.aspx](http://www.nhs.uk/Conditions/Suicide/Pages/Getting-help.aspx)

**CALM** (The Campaign Against Living Miserably) is dedicated to preventing male suicide. It offers support to men in the UK, of any age, who are down or in crisis, and those who are bereaved by suicide.

[www.thecalmzone.net](http://www.thecalmzone.net)

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