



Suicide First Aid Signposting Resources

Please be responsible when providing signposting to those who may be experiencing poor mental health or thoughts of suicide by ensuring these signposting resources are still available before signposting.

- Healthier Lancashire & South Cumbria's Suicide Prevention Webpage - <https://www.healthierlsc.co.uk/suicide>
 - Useful resources, quick links to help if you are worried about someone or have lost someone to suicide. Alongside other wider information of support within Lancashire & South Cumbria.
- Healthier Lancashire & South Cumbria ICS's extensive list of mental health support across Lancashire & South Cumbria - <https://healthierlsc.co.uk/MentalHealthSupport>
- Man Kind – support for men who are victims of domestic abuse <https://www.mankind.org.uk/>
- Women's Aid – support for women who are victims of domestic abuse. <https://www.womensaid.org.uk/>
- The Haven - <https://www.n-compass.org.uk/news-events/introducing-haven>
- Big White Wall/Together All - <https://www.bigwhitewall.com/?lang=en-us>
- Blurt Foundation - <https://www.blurtitout.org/>
- Hub of Hope – A collation of national signposting information in relation to suicide prevention. <https://hubofhope.co.uk/>
- CALM - <https://www.thecalmzone.net/>
- SHOUT - <https://www.giveusashout.org/>
- Staying Alive App - <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>
- Lancashire Mental Health Helpline - <https://www.lscft.nhs.uk/Mental-Health-Helpline>
- Minds Matter - <https://www.lscft.nhs.uk/Mindsmatter>
- NHS Recommended Apps - <https://www.nhs.uk/apps-library/category/mental-health/>
- Run Together Groups – Find out where your nearest run & talk sessions are <https://runtogether.co.uk/running-support/runandtalk/>
- Kooth - Service for young people who may need support with their mental health and wellbeing. Kooth will also visit schools and young people's services to talk about mental health to young people. For more information visit www.kooth.com
- Lancashire & South Cumbria's 24/7 'Mental Health Urgent Response Line' - <https://www.lscft.nhs.uk/crisis>

- Their newly launched Mental Health Urgent Response Line is available 24 hours a day, 7 days a week by calling **0800 953 0110**. 'It is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services – ring it if you need to access services or for advice about someone who needs treatment/support'. The page also includes local area phone numbers for those already using services.
- Listening Service – Lancashire – <https://listening-ear.co.uk/amparo/>
 - Amparo offers support following a suicide for those bereaved. Their service is confidential and can provide short or longer term support. On the page you can also download their 'Help is at Hand' guide to support after suicide.
- Listening Service – Cumbria – <https://www.sbs.org.uk>
 - Suicide Bereavement Support (SBS) provides a platform for those bereaved by suicide to find the right support. They have also included a helpful video on the page explaining what services are available during lockdown.
- Watch Us Grow – Food Bank in Chorley which provides additional local support for those who are isolated from their community. It is part of a wider national programme, so perhaps find one local to the person you are working with. Support available is individual to each Watch Us Grow project. The Chorley group are reachable on facebook or you can find more information on <https://citizensadvice Lancashirewest.org.uk/index.php/food-banks/>
- The Mix – mental health support and advice for young people under age 25. Telephone, email and crisis text service. <https://www.themix.org.uk/>
- Doherty's Destiny – Suicide bereavement peer support group located in Thornton Cleveleys. <https://en-gb.facebook.com/dohertysdestiny/>
- The Haven run by Richmond Fellowship which offers drop in and support for those struggling with their mental health. Located in Preston. <https://www.richmondfellowship.org.uk/how-we-can-help-new/find-a-service/blackpool/central-lancashire-haven/>
- Cruise Bereavement – national organisation supporting bereavement and providing counselling. Local support available across Lancashire & South Cumbria - <https://www.cruse.org.uk/>
- Healthier Heroes – Located in Wigan and Burnley supporting veterans and families of veterans. <https://www.facebook.com/healthierheroescic/>
- Counselling In The Community available in Blackpool. Requires a donation of £5 to access counselling support. Found at <https://www.facebook.com/counsellinginthecommunity/>
- Community Football Associations – many Community Football Associations connected to local football clubs offer a variety of commissioned support options. Support availability can vary between clubs.
- Age Concern – offer befriending services, Covid support and welfare checks. Contact local Age Concern offices for information in your local area. https://www.ageuk.org.uk/?gclid=EAIaIQobChMI4afsmOnZ6wIVCLLtCh266w7BEAAYASAAEgI47vD_BwE
- Silverline – provide telephone support for older people struggling with aloneness, thoughts and feelings <https://www.thesilverline.org.uk/>
- CHATS – Parents Support Group. Available in the Morecambe and Lancaster area. For anyone looking after a child or young person with any kind of emotional or mental health problem. For emotional/practical support or just someone to talk to. Email chats_123@yahoo.com for more information.

- St Paul's Medical Centre – Wellbeing & Mental Health Helpline <https://www.stpaulspcc.co.uk/2016/04/27/wellbeing-mental-health-helpline-freephone-0800-915-4640/>
- Step Change – national charity offering debt advice and support. https://www.stepchange.org/?channel=ppc&gclid=EAIaIQobChMI38vnnNH86wIVBp53Ch1ExAp9EAAYASAAEgK8VvD_BwE&gclid=aw.ds
- First Step – counselling service available through NHS in Cumbria. <https://www.cntw.nhs.uk/services/first-step/>
- Drugfam – national organisation providing support for families supporting family members with drug and alcohol addictions. <https://www.drugfam.co.uk/>
- Combat Stress – mental health support for veterans and their families <https://www.combatstress.org.uk/helpline>
- YNot Aspire – charity supporting young people with their mental health and at risk of homelessness. Charity is located in Accrington and supports local young people. <https://ynotaspire.org.uk/>
- Peer Talk – national charity supporting peer support led by volunteer facilitators. For information on a 'peer talk' in your area in relation to mental health contact Peer Talk or look out on Facebook for a group near you. <https://www.peertalk.org.uk/>
- Light Lounge – Crisis café run by Richmond Fellowship in Blackpool. Available for those in crisis or those struggling with their mental health. Telephone: 01253 477745 / 07741 834840 www.facebook.com/TheLightLoungeBlackpool
- Resilience Hub – support for individuals to build resilience and access services. <https://lscresiliencehub.nhs.uk/>
- Catch It NHS App - <https://www.nhs.uk/apps-library/catch-it/> A free downloadable NHS app to support people to manage their anxiety and depression. This app supports people with self guided CBT and teach people to look at their problems in a different way, turning negative thoughts into positive ones and improving their overall sense of wellbeing.
- The Pulse, Skelmersdale - The Pulse is a community based Charity providing a venue for a range of groups and activities, with a view to improving the physical and mental well being in Skelmersdale. <https://www.thepulseskem.org.uk/>
- www.teamkickabout.com – Men's mental health groups across Lancashire themed around football.
- SOS (Silence of Suicide) – Lived experience group sharing stories around suicide bereavement (not local) but providing stories online <https://sossilenceofsuicide.org>
- The Well Morecambe – providing alcohol and drug recovery support <https://www.thewellcommunities.co.uk/>
- Dads Matter – Online website providing support for dads (and mums) who are experiencing poor mental health <https://www.dadsmatteruk.org/>
- National Suicide Prevention Helpline UK (new helpline) – Open 24/7 on 0800 689 5652. There to support anyone experiencing suicidal thoughts and feelings. Website <http://www.nspuk.org/>
- Rise And Shine – A mental wellbeing and peer support network reducing the stigma around mental health in Lancashire www.riseandshinelancs.org.uk
- Blackburn Bereavement By Suicide Peer Support Group – Held monthly. Contact Alysia.moorhouse@springnorth.org.uk or call or text 07592 154912.
- Able Futures provide work related support and people can access up to 9 free sessions with a trained counsellor. <https://able-futures.co.uk/>

- Shape Lancashire – Working across Lancashire, SHAPE support mental health and wellbeing by providing Sport, Health, Wellbeing and Arts, People/Projects, Environmental and Employment. www.shapelancashire.co.uk or contact via Facebook <https://www.facebook.com/SHAPELancashire/>
- Ripple Suicide Prevention free downloadable plugin – Designed by an IT professional who lost a family member to suicide, this tool is designed to intercept harmful material which can encourage suicide and exploitation and replace it with helpful signposting, resources and suicide prevention material. Found at <https://www.ripplesuicideprevention.com/>. This can be installed by parents on their children/young persons' phone, for a school or workplace to install across their tech devices.
- Action for ASD – low level support for adults on the autism spectrum – info@actionasd.org.uk. Telephone – 01282 415455