



Ripple
Suicide Prevention

Ripple Suicide Prevention Mental Health and Suicide Prevention Resources

2025 Edition



Safe online; together

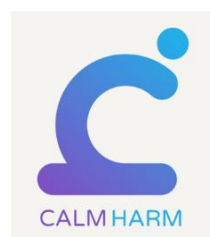
Mental Health and Suicide Prevention Resources

**Service: akt****Aimed towards:** All**Description:** akt supports lgbtq+ young people aged 16-25 in the UK who are facing or experiencing homelessness or living in a hostile environment.

We support young people into safe homes and employment, education or training, in a welcoming and open environment that celebrates lgbtq+ identities.

Website: <https://www.akt.org.uk>**Service: Alliance of Hope****Aimed towards:** All**Description:** The Alliance of Hope for Suicide Loss Survivors provides healing support for people coping with the shock, excruciating grief and complex emotions that accompany the loss of a loved one to suicide.**Website:** <http://www.allianceofhope.org>**Service: Amparo****Aimed towards:** Anyone affected by suicide**Description:** Amparo means 'shelter' or 'safe haven' in Spanish and provides support for anyone affected by suicide. Support can be provided one-to-one, to family groups, groups of colleagues or peers – whatever is preferred by you and is most appropriate to your situation.**Website:** www.amparo.org.uk**Service: Andy's Man Club****Aimed towards:** Males**Description:** We are open for face to face meetings every Monday (except bank holidays) at 7pm and currently have 35 groups across England and Scotland. We also have a national online group every Monday at 7pm for those outside of our catchment areas. For information about how to book on to one of our sessions, either in person or online, please send an email to info@andysmanclub.co.uk and our team will be able to assist.**Website:** <https://andysmanclub.co.uk>**Service: At a Loss****Aimed towards:** All**Description:** If you have been affected by suicide and are struggling, you can find all the help you need in one place at AtaLoss.org. Easy to use filters will help you search from the hundreds of services listed to find bereavement support that best suits you, wherever you live. We also provide up to date practical information, a library of helpful reads and helplines.**Chat:** <https://www.ataloss.org/live-chat> (9am to 9pm Monday to Friday)**Website:** <https://www.ataloss.org>**Service: Battle Scars****Aimed towards:** Supporting anyone affected by self-harm**Description:** Battle Scars do not offer crisis support. It is a charity dedicated to decreasing the stigma, raising awareness and supporting anyone affected by self-harm. They offer a variety of resources to help understand and manage self-harm and encourage people who struggle with self-harm to reach out and build a support network. Services include Peer support for families of people who self-harm, Adult Peer Groups and an Under 18's Service which include workshops on managing self-harm for young people and how to disclose or talk to someone about it.**Website:** <https://www.battle-scars-self-harm.org.uk>**Service: Beder****Aimed towards:** All**Description:** Beder is a charity taking a unique approach to softly raising awareness around mental health and suicide prevention through exciting events and initiatives. Their events bring together people who share similar interests across education, wellness, and recreation. The Beder Therapy Vouchers offer people up to 6 x 50-minute sessions and/or one year's membership to Mindler's iCBT self-care platform.**Website:** <https://beder.org.uk>

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**Service: Befrienders Worldwide****Aimed towards:** All**Description:** Providing emotional support to prevent suicide worldwide. We listen to and help people without judging them.**Website:** <http://www.befrienders.org>**Service: Bereavement Advice****Aimed towards:** Anyone bereaved**Description:** There are many practical matters to attend to when someone dies. Bereavement Advice Centre supports and advises people on what they need to do after a death.**Website:** <https://www.bereavementadvice.org>**Service: Be Mindful****Aimed towards:** All**Description:** Be Mindful is the only Mindfulness-Based Cognitive Therapy (MBCT) digital therapeutic course. NHS assessed and commissioned, and trusted for nearly a decade, this accessible web-based digital therapeutic is proven to significantly reduce levels of stress, anxiety, and depression, delivering often life-changing results for participants.**Website:** <https://www.bemindfulonline.com>**Service: Billy's Lifeline****Aimed towards:** Anyone bereaved by suicide**Description:** Billy's Lifeline is a UK-based registered charity dedicated to supporting families and loved ones impacted by suicide loss, operating from the northeast of England. We offer both short and long-term support regardless of how long it has been since your loved one has passed, we are here to support you practically, emotionally, and therapeutically through your journey.**Website:** <https://billyslifeline.org>**Service: CALM****Aimed towards:** Males of all ages**Description:** CALM offer confidential, anonymous and free support, information and signposting through the helpline or webchat. People can talk through a wide variety of issues including abuse, addictions, anger, depression, bullying, eating disorders, sexuality, work issues, racism, bereavement, suicide, divorce and more. The website holds information on a range of issues and lists national organisations offering support with some of these issues.**Helpline:** 0800 58 58 58 (free, 5pm – midnight, daily)**Online chat:** <https://www.thecalmzone.net/help/webchat>**Website:** <https://www.thecalmzone.net>**Service: Calm Harm****Aimed towards:** All**Description:** Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Clinical Psychologist Dr. Nihara Krause, in collaboration with young people, using principles from evidence-based Dialectical Behaviour Therapy (DBT)**Website:** <https://calmharm.co.uk>**Service: Care for the Family****Aimed towards:** Bereaved parents and siblings, widowed young**Description:** Care for the Family provides a wide range of support in three key areas of family life – marriage, parenting and bereavement. This includes marriage and parenting courses, bereavement support, family breaks and faith in the family, as well as a wide range of resources in support of each of these core areas. We have over 80 staff, supported by many volunteers across the UK.**Helpline:** 029 2081 0800 (Monday 10 am– 5pm, Tuesday to Thursday: 9am – 5pm, Friday: 9am – 4:30pm)**Email:** mail@cff.org.uk**Website:** <https://www.careforthefamily.org.uk>

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Service: Catch It

Aimed towards: All

Description: Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary and tracker.

Website: <https://www.liverpool.ac.uk/it/app-directory/catch-it>



Service: Changing Minds Training

Aimed towards: All

Description: Mental health & well being training that aims to empower each and every person with the skills, knowledge and compassion required to support the mental health of themselves and others.

Website: <https://www.changingmindstraining.com>



Service: Child Bereavement UK

Aimed towards: Families, children and young people

Description: Child Bereavement UK helps families to rebuild their lives when a child grieves or when a child dies. We support children and young people (up to the age of 25) when someone important to them has died or is not expected to live, and parents and the wider family when a baby or child of any age dies or is dying.

Helpline: 0800 02 888 40

Email: helpline@childbereavementuk.org

Live chat: via the website

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



Service: Child Death Helpline

Aimed towards: Anyone affected by the death of a child

Description: The national freephone Child Death Helpline dedicated to provide a quality Freephone service to anyone affected by the death of a child of any age – whether they are parents, grandparents, siblings, family members, friends or involved professionals. Staffed by volunteers, all of them bereaved parents.

Helpline: 0800 282 986 (Monday to Sunday 7pm – 10 pm, 19:00 to 22:00, Monday, Thursday and Friday 10am – 1pm, Tuesday and Wednesday 10am – 4pm)

Website: <https://www.childdeathhelpline.org.uk>



Service: Chill Panda

Aimed towards: All (including under 10s)

Description: Play your way to a calmer day. Family friendly relaxation, breathing exercise and activity app.

Website: <http://chillpanda.co.uk>

App: Download on [iTunes](#) and [Nintendo Switch](#)



Service: Consortium

Aimed towards: Trans people

Description: LGBT Consortium's directory of services for trans people

Website: <https://www.consortium.lgbt/member-directory>



Service: Conversations Matter

Aimed towards: All

Description: A practical online resource to support safe and effective discussions about suicide.

Website: <http://www.conversationsmatter.com.au>



Service: Cruse Bereavement Support

Aimed towards: Anyone bereaved

Description: Cruse Bereavement Support is the leading national charity for bereaved people in England, Wales and Northern Ireland.

Helpline: 0808 808 1677 (weekdays 09:30am – 5pm, Tuesdays Wednesdays and Thursday until 8pm)

Website: <https://www.cruse.org.uk>

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Service: Cruse Bereavement Support Scotland

Aimed towards: Anyone bereaved

Description: Cruse Scotland has been supporting bereaved adults, children and young people across Scotland for over 60 years. Together with our 230-strong team of compassionate, committed and caring volunteers, we offer hope when the future seems empty

Helpline: 0808 802 6161, Monday to Friday 9am - 8pm, weekends 10am - 2pm

Email: info@crusescotland.org.uk

Website: <https://www.crusescotland.org.uk>



Service: DistrACT

Aimed towards: All

Description: The distrACT app provides easy, quick and discreet access to general health information, self-help tips and links to support and trusted resources for those who self-harm or feel suicidal - and those supporting them.

Website: <https://www.expertselfcare.com/health-apps/distract>

App: Download on [iTunes](#) and [Google Play](#)



Service: Docreedy

Description: helps you get ready for the first time you visit a doctor to discuss your mental health.

Website: <https://www.docready.org/#/home>



Service: Families Outside

Aimed towards: People located in Scotland concerned about the physical or mental health of a person in prison.

Description: Families Outside is the only national charity in Scotland working exclusively on behalf of families affected by imprisonment. We speak to thousands of families each year, providing information and support on issues such as housing, finance, and emotional support.

Tel: 0800 254 0088 (Monday to Friday from 9am - 5pm)

Email: support@familiesoutside.org.uk

Text: text FAMOUT to 60777 (Monday to Friday from 9am - 5pm)

Website: <https://www.familiesoutside.org.uk>



Service: Family Lives

Aimed towards: Parents

Description: Family Lives provides targeted early intervention and crisis support to families who are struggling. The issues we support families with include family breakdown, challenging relationships and behaviour, debt, and emotional and mental wellbeing.

Helpline: 0808 800 2222 (Monday to Friday 9am to 9pm and weekends 10am to 3pm)

Email: askus@familylives.org.uk

Live chat: via the website (Monday to Friday between 10.30am to 9pm, closed on bank holidays)

Website: <https://www.familylives.org.uk>



Service: Farming Community Network (FCN)

Aimed towards: Farmers

Description: The Farming Community Network (FCN) is a voluntary organisation and charity that supports farmers and families within the farming community through difficult times. **Helpline:** 03000 111 999 (7am - 11pm)

Email: help@fcn.org.uk

Website: <https://fcn.org.uk>



Service: Farm Safety Forum

Aimed towards: The Farming Community

Description: Through our national campaign Mind Your Head, the Farm Safety Foundation is tackling the stigma poor mental health, ensuring that that next generation of farmers is resilient and equipped with smart strategies and specific skills to live well and farm well.

Website: https://www.yellowwellies.org/LittleBookOfMindingYourHead_0421

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**Service: FinWELL Training****Aimed towards:** All**Description:** Human based, financial education and wellbeing training for all employees and leadership teams globally. FinWELL Training helps employees improve financial wellbeing, empowering healthier relationships with money and better mental health.**Website:** www.finwell.uk**Service: Gingerbread - Single Parent Helpline & Support****Aimed towards:** Single parents**Description:** We are fighting to create a world where all single parents and their children don't just survive. They thrive.**Helpline:** 0808 802 0925**Live Chat:** via the website**Website:** <https://www.gingerbread.org.uk>**Service: Happify****Aimed towards:** All**Description:** Happify brings you effective tools and programs to help you take control of your feelings and thoughts. Our proven techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioural therapy for decades.**Website:** <https://www.happify.com>**Service: Harmless****Aimed towards:** People who do or are at risk of self-harm**Description:** Harmless provides support, information, training and consultancy about self-harm to individuals who self-harm, their friends, families and professionals with a view to promoting health and recovery, reducing isolation and distress, and by increasing awareness and skill in intervention.**Website:** www.harmless.org.ukYour trusted guide to mental health & wellness**Service: Help Guide****Aimed towards:** All**Description:** Offer the guidance and encouragement you need to find hope, get motivated, take charge of your mental health, and start feeling better.**Website:** <https://helpguide.org>**Service: Hub of Hope****Aimed towards:** All**Description:** Hub of Hope is a first of its kind, national mental health database which brings together organisations and charities, large and small, from across the country who offer mental health advice and support, together in one place.**Website:** <https://hubofhope.co.uk>**Service: If U Care Share****Aimed towards:** Those affected by suicide**Description:** We are here to listen and support emotional well being in young people and those affected by suicide.**Tel:** 01913 875661 (Monday to Friday, 9 am to 5pm)**Website:** <https://www.ifucareshare.co.uk>**Service: Inclusion****Aimed towards:** Anyone affected by addiction, crime, mental health**Description:** Inclusion is a national organisation that works with individuals, families and communities who are affected by addiction, crime, mental health or need treatment for their sexual health. Whilst providing comprehensive and inclusive support and treatment we work with patients and our staff teams to achieve the best outcomes we can.**Website:** www.inclusion.org

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**Service: James' Place**

Aimed towards: Men in Liverpool, London and Newcastle

Description: James' Place are a charity offering free, life-saving treatment to suicidal men at our centres in Liverpool, London and Newcastle. Their professional therapists get quickly to the heart of a man's suicidal crisis and help him solve it.

Website: <https://www.jamesplace.org.uk>

**Service: Kinship (Formerly Grandparents' Plus)**

Aimed towards: Kinship carers in England and Wales

Description: Kinship is the leading kinship care charity in England and Wales. We're here for all kinship carers – the grandparents and siblings, the aunts, uncles, and family friends who step up to raise children when their parents can't. Kinship Compass is here to help all kinship carers to get expert advice and information. And to support them to access emotional support through peer support groups and connecting with other kinship carers.

Helpline: 0300 123 7015 (Monday to Friday 9.30am – 12.30pm)

Email: info@kinship.org.uk

Website: <https://kinship.org.uk>

**Service: Kooth**

Aimed towards: All

Description: An online counselling and emotional wellbeing support service. We provide free, anonymous support for any young person who needs support. The service is BACP accredited and provides 1:1 text-based chats with qualified counsellors plus 24h messaging and a range of self-directed support options. If it's on your mind, we are here to help.

Website: <https://www.kooth.com>

**Service: LGBT Foundation**

Aimed towards: LGBTQ+ Community

Description: LGBT Foundation exists to support the needs of the diverse range of people who identify as lesbian, gay, bisexual and trans. They provide a wide range of services to support lesbian, gay, bisexual and trans people.

Website: <https://lgbt.foundation>

**Service: Lighthouse**

Aimed towards: Construction workforce and their families

Description: We are the only charity that is 100% dedicated to the emotional, physical and financial wellbeing of our construction workforce and their families.

Website: www.lighthouseclub.org

**Service: Mangang**

Aimed towards: Men across Hampshire

Description: ManGang is a network of men who believe that it's not weak to speak. We provide a peer-to-peer platform for men across Hampshire who struggle with the pressures of modern-day life. We want to break down the stigma surrounding mental health. Our groups are free from judgement and allow our members access to conversations with men from all different walks of life that have suffered the same highs and lows.

Website: www.mangang.org

**Service: Men Who Talk**

Aimed towards: Men (and those who support them) aged 18+ across the UK

Description: Men Who Talk provide free to access online spaces providing men and those who support them, with an opportunity to talk, socialise and receive support from other men, all whilst being supported by our excellent team of facilitators. They follow a peer-to-peer support model, which means we actively encourage all our group attendees to support one another, instead of relying on professionals.

Website: <https://menwhotalk.org>

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Service: Mental Health Motorbike

Aimed towards: Biker community

Description: Mental Health Motorbike exists to create meaningful opportunities so that together we grow the wellbeing of the motorbike community, ultimately we want to cut the number of suicides in the UK. We are here to offer free support to members of the biker community who are struggling with their mental health and need some friendly support.

Website: www.mhmotorbike.com



Service: Mermaids

Aimed towards: The transgender, non-binary and gender-diverse community

Description: Mermaids supports transgender, non-binary and gender-diverse children and young people, as well as their families and professionals involved in their care.

Website: <https://mermaidsuk.org.uk>



Service: MindDoc

Aimed towards: All

Description: MindDoc is a leading monitoring and self-management app for promoting emotional well-being and coping with such mental illnesses as depression, anxiety, insomnia, and eating disorders. MindDoc can be used by itself for prevention or self-help, or as a part of treatment with a mental health practitioner.

Website: <https://minddoc.com/de/en>

App: Download on [iTunes](#) and [Google Play](#)



Service: Mindcanyon

Aimed towards: All

Description: An award-winning mental health, workplace wellbeing & Suicide First Aid training company. We specialise in providing comprehensive CPD-approved training programs tailored to enhance mental health awareness and wellbeing in the workplace. Our courses are designed to equip individuals with the skills necessary to create supportive work environments.

Email: info@mindcanyon.co.uk

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



Service: Mind Info Line

Aimed towards: Non English-speaking community

Description: Our team provides information on a range of topics including: types of mental health problems

where to get help, medication and alternative treatments, advocacy. We can provide an interpreter using Language Line. This service offers translation in over 170 languages. Remember to ask for the Language Line service when you call.

Tel: 0300 3393 123 (9am to 6pm, Monday to Friday except for bank holidays).

Email: info@mind.org.uk

Website: <https://www.stayalive.app/find-help-now/resources-by-area/england/nationwide/mind-info-line-additional-languages/>



Service: MindLine Trans+

Aimed towards: People who identify as transgender, agender, gender-fluid and non-binary

Description: MindLine Trans+ is a confidential emotional, mental health support helpline for people who identify as transgender, agender, gender-fluid and non-binary. We are also here to support family members and friends and to provide signposting to other services and resources. We are a national helpline, you can call us from anywhere in the UK. The MindLine Trans+ provides a safe place to talk about your feelings confidentially. We don't record calls nor ask for any personal details. Our listeners will try understand the multitude of feelings and concerns that may be going on for you. We are here to listen and offer our support.

Tel: 0300 330 5468 (Friday evenings)

Website: <https://www.mindinsomerset.org.uk/our-services/adult-one-to-one-support/mindline-trans>



Service: MindOut

Aimed towards: Lesbian, Gay, Bisexual, Trans & Queer Community

Description: MindOut is a Lesbian, Gay, Bisexual, Trans & Queer Mental Health Service. The online chat service is confidential, non-judgemental and anonymous. Open every day including weekends and evenings.

Website: <https://www.mindout.org.uk/our-services/mindout-online>

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**Service: NHS111**

Description: 24/7 urgent mental health support, for people of all ages who need urgent mental health support. The helpline is available all day, every day.

Helpline: 111 option 2

Website: <https://111.nhs.uk>

**Service: Nightline**

Aimed towards: University Students

Description: Emotional support for students in distress. Nightlines are confidential, anonymous, non-judgemental, non-directive and non-advisory support services run by students for students.

Tel: dependant on your university

Website: <https://nightline.ac.uk/want-to-talk>

**Service: The OLLIE Foundation**

Aimed towards: All

Description: In 2016, three parents who had all lost their teenage sons to suicide, vowed to do all they could to prevent other families suffering similar tragedies. And so The OLLIE Foundation was born.

OLLIE provide fully funded mental health support for students and young people. All courses are fully funded through donations, fundraising and generous grants. If you wish to book in-house training please contact us.

Website: <https://theolliefoundation.org>

**Service: Jacobs One Million Lives**

Aimed towards: All

Description: A free mental health check-in tool

Website: <https://www.oml.world>

**Service: PAPYRUS**

Aimed towards: Under 35s

Description: If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.

Helpline: Call 0800 068 4141 or Text 07860039967 (free daily 24/7)

Website: <https://www.papyrus-uk.org>

**Service: Rethink**

Aimed towards: All

Description: Rethink provides expert, accredited advice and information to everyone effected by mental health problems. They have mental health services and support groups across England, find your nearest service via the website. Rethink Advice and Information Service: offers practical help on issues such as the Mental Health Act, community care, welfare benefits, debt, criminal justice and carers rights. They also offer general help on living with mental illness, medication, care and treatment.

Tel: 0808 801 0525 (weekdays 1pm to 4pm)

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

**Service: Ripple Suicide Prevention**

Aimed towards: All

Description: Ripple is a digital crisis intervention tool, which if a user searches for harmful content online, they will first be guided through a filter of breathing exercises and then very simple, uncluttered and calmly presented strategies and forums, help lines and mental health services they can access both now and longer term: accompanied with messages of hope and encouragement to keep safe. It's a free tool for the education sector, charities, individuals, parents and guardians.

Website: <https://www.ripplesuicideprevention.com>

**Service: Samaritans**

Description: Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout Great Britain and Ireland.

Helpline: 116123 (free, 24/7)

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

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Service: SANE

Aimed towards: All

Description: Our trained and experienced team of staff and volunteers are here to provide emotional support by phone, email and text, 365 days a year. You can also share experiences with others in our online peer-led forum. If you're struggling with mental illness, or you're caring for someone and would like to get in touch, we're here for you.

Helpline: 0300 304 7000 (daily from 4pm to 10pm)

Website: <https://www.sane.org.uk>



Service: 7 Cups

Aimed towards: All

Description: If you're experiencing depression, anxiety, relationships issues or want someone there to listen, 7 Cups offers a free, anonymous online chat service with trained volunteers. This service is available 24/7.

Website: <https://www.7cups.com>



Service: Shout 85258

Description: Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Text: Shout to 85258 (free, 24/7)

Website: <https://giveusashout.org>



Service: Sibling Support

Aimed towards: All

Description: Sibling Support is a website designed by siblings, for siblings. We are here to help young people cope with the death of a sibling. Resources include personal stories, helpful advice on managing grief, and videos.

Website: <https://www.siblingsupport.co.uk>



Service: Side by Side

Aimed towards: All

Description: Side by Side is a supportive online community where you can feel at home talking about your mental health and connect with others who understand what you are going through. The community is available to all, 24/7. Side by Side is moderated daily from 8.30am to midnight.

Website: <https://www.mind.org.uk/information-support/side-by-side-our-online-community>



Service: SLOW – Surviving the Loss of Your World

Aimed towards: Bereaved families

Description: We are here to support you following the devastating loss of your child or sibling. We provide an informal, quiet space for you to meet with other bereaved parents and siblings and share your experiences.

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



Service: StayAlive

Description: The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe

Website: <https://www.stayalive.app>



Service: Student Minds

Aimed towards: Students

Description: If you are a student struggling with mental wellbeing or looking to support someone you know, Student Minds can help support you by offering student-led peer support programmes and signposting you to resources that can support your needs.

Website: <https://www.studentminds.org.uk>

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**Service: Suicide&Co****Aimed towards:** All**Description:** We strongly believe in the power of conversation and use a variety of initiatives to spark conversations and encourage open dialogues around bereavement from suicide and mental health more generally. In terms of the services we provide, we focus on one-on-one professional support through talking therapies offering our Counselling Service and Helpline that are staffed by bereavement counsellors.**Helpline:** 0800 054 8400 (9am-5pm Monday to Friday)**Website:** <https://suicideandco.squarespace.com>**Service: Support Line****Aimed towards:** All**Description:** We offer confidential emotional support to children, young adults and adults by telephone, email and post. We work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self-esteem to encourage healing, recovery and moving forward with life. We also keep details of counsellors, agencies and support groups throughout the UK.**Tel:** 0170 876 5200 (hours vary)**Website:** <https://www.supportline.org.uk>**Service: Survivors of Bereavement by Suicide (SOBS)****Aimed towards:** Anyone bereaved by suicide**Description:** National support groups for those bereaved from suicide.**Website:** <https://uksobs.org>**Service: Switchboard LGBT+ Helpline****Aimed towards:** LGBTQ+ community**Description:** You can talk about anything with the Switchboard volunteers, who all self-define as LGBT+.

Nothing is off limits, and the volunteers understand how anxious you might feel before you pick up the phone.

Calls are confidential and they only finish when you're ready.

Helpline: 0800 0119 100 (lines open every day 10am-10pm)**Online chat:** <https://switchboard.lgbt/contact>**Website:** <https://switchboard.lgbt/>**Service: TalkLife****Aimed towards:** All**Description:** TalkLife is a peer-to-peer network where you can share the ups and the downs of life.

No judgement - just a whole lot of support.

App: Download via [App Store](#) or [Google Play](#)**Website:** <https://www.talklife.co/about>**Service: TellMi****Aimed towards:** Young people aged between 11-25**Description:** Tellmi is the only pre-moderated (by humans) digital peer support app where posts are approved in minutes, not hours. It has been independently demonstrated to improve mental health and is loved by young people aged 11-25.**Website:** <https://www.tellmi.help/>**App:** Download on [iTunes](#) and [Google Play](#)

THE BURNT CHEF
PROJECT

Service: The Burnt Chef Project**Aimed towards:** Hospitality professionals**Description:** The Burnt Chef Project provides education, support, and resources, to tackle mental health stigma and work to ensure the hospitality and the leisure industry is healthier and more sustainable by focusing on people's wellbeing first.**Helpline:** Call 0800 085 1376 or text BURNTCHEF to 85258 (24/7, free, confidential)**Website:** www.theburntchefproject.com

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**Service: The Canmore Trust**

Aimed towards: Anyone impacted by suicide

Description: We work with people to find a safe space – a space that allows and encourages them to stay in the world, despite all the struggles and difficulties they may be facing right now. We also work with individuals, communities, practices, workplaces, schools, colleges and universities touched by suicide – suicide prevention – to support those in need through the carnage that results from each and every suicide.

Helpline: Text CANMORE to 85258 (free, 24/7)

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

**Service: The Compassionate Friends**

Aimed towards: Bereaved parents and their families

Description: An organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children.

Helpline: 0345 123 2304 (Open every day of the year from 10:00 – 16:00 and 19:00 – 22:00)

Website: <https://www.tcf.org.uk>

**Service: The Good Grief Trust**

Aimed towards: Anyone experiencing grief

Description: The Good Grief Trust exists to help all those affected by grief in the UK. We aim to find the bereaved, acknowledge their grief and provide reassurance, a virtual hand of friendship and ongoing support.

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

**Service: The Jordan Legacy**

Aimed towards: All

Description: It is our mission to be at the forefront of the advancement of health and the saving of lives for the public benefit; specifically the advancement of mental health and preventing lives being lost to suicide.

Website: <https://thejordanlegacy.com>

**Service: The Listening Place**

Aimed towards: Anyone aged 18 or over and based in London

Description: The Listening Place provides free, face-to-face support across London for individuals to talk openly about their suicidal feelings without being judged or being given advice.

Tel:: 020 3906 7676

Website: <https://listeningplace.org.uk>

**Service: The Mix**

Aimed towards: Under 25s

Description: The Mix is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. Open 365 days a year, for absolutely anything you are going through.

Crisis messenger: Text THEMIX to 85258 (24/7)

One-to-one chat: Sun to Thu at 8 - 9.30pm

Website: <https://www.themix.org.uk>

**Service: The Silver Line**

Aimed towards: The older community

Description: The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Tel: 0800 4 70 80 90 (free, 24/7)

Website: <https://www.thesilverline.org.uk>

Mental Health and Suicide Prevention Resources



Service: The Traveller Movement

Aimed towards: Gypsy, Roma and Traveller people

Description: Established in 1999, the Traveller Movement has an award-winning track record in innovative and ground-breaking work using a collective community assets-based approach for addressing ethnic Romany Gypsy, Irish Traveller and Roma inequality, exclusion and discrimination and promoting their rights

Website: <https://travellermovement.org.uk>



Service: Togetherall

Aimed towards: All

Description: Togetherall is a vibrant online mental health and wellbeing service offering self-help programmes, creative outlets and a community that cares. Available 24 hours a day, 365 days a year so whether you're dealing with everyday stressors or major life events, we'll help you get through it. Our service is moderated 24/7 by trained practitioners who keep our members safe, and facilitate the process of people helping people in an online environment.

Website: <https://www.bigwhitewall.com>



Service: Tough Enough to Care

Aimed towards: Men of all ages

Description: Tough Enough To Care is aimed predominantly at men of all ages who currently fall into the trap of having to act macho instead of talking about feelings and the main aim is to prevent male suicide. We provide a one stop shop for mental health support. In the first instance, to provide somewhere for men seeking help, support or just someone different to talk to. We also want to offer guidance for others that have been affected as a result of mental health issues.

Website: <https://toughenoughtocare.help>



Service: Traveller Counselling Service

Aimed towards: Gypsy, Roma and Traveller people

Description: The Traveller Counselling Service was launched in February 2008 initially as a one year pilot project which since has developed into a community based counselling service for the Traveller community.

Tel: 01-868 5761 / 086-308 1476

Email: info@travellercounselling.ie

Website: <https://travellercounselling.ie>



Service: Traveller Pride

Aimed towards: LGBT+ Travellers

Description: We are group made up of Travellers (used as inclusively as possible) who are LGBT+ (likewise) who want to provide a platform for our intersectional community. We act as a network that can provide guidance, support and information to make life easier for LGBT+ Travellers as well as providing essential services, meetup spaces and collaborating with other organisations to make them more welcoming to us.

Website: <https://www.lgbttravellerpride.com>



Service: Vetlife

Aimed towards: Veterinary community

Description: Independent, confidential and free help for everyone in the veterinary community including veterinary nurses and students. Our charity provides a 24/7 phone and email helpline; professional mental health support; financial assistance; information and resources.

Tel: 0303 040 2551 (24/7)

Website: <https://helpline.vetlife.org.uk>

Mental Health and Suicide Prevention Resources



Service: What's Behind the Smile

Aimed towards: All

Description: What's Behind the Smile is to offer help to those suffering mental health anguish. We want to help others. We want to make a difference.

Helpline: 07855088074 (call or text 24/7)

Website: www.whatsbehindthesmile.co.uk



Service: Widowed and Young

Aimed towards: Anyone under 51 who's lost a partner

Description: WAY is a UK charity that offers a peer-to-peer support network for anyone who's lost a partner before their 51st birthday – married or not, with or without children, inclusive of sexual orientation, gender, race and religion.

Helpline: 0300 201 0051 (Monday to Friday 9.30am – 5:00pm)

Website: <https://www.widowedandyoung.org.uk>



Service: Winston's Wish

Aimed towards: Anyone up to the age of 25

Description: Winston's Wish provides emotional and practical bereavement support to children, young people (up to 25) and those who care for them. Our expert teams offer one off and ongoing bereavement support and we also provide online resources, specialist publications and training for professionals.

Helpline: 08088 020 021 (weekdays 8am – 8pm)

Email: ask@winstonswish.org

Live Chat: via the website (weekdays 3pm – 8pm)

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



Service: Wellity

Aimed towards: All

Description: Wellity Global is the recognised provider of mental health and wellbeing training to over 1,000,000 employees across 70 countries and including all industries and sectors.

Website: www.wellityglobal.com

Suicide Prevention: Signs*

Below are some signs to look out for in behaviour, emotion and speech that may indicate someone is at risk of suicide.



Behavioural Markers

Behavioural markers include (but are not limited to):

- Isolating from others
- Not communicating with friends or family
- Giving away possessions or writing a will
- Driving recklessly
- Increased aggression
- Increased drug and alcohol use
- Searching about suicide on the Internet
- Taking an increased amount of time off of work
- Change in sleeping patterns
- Financial difficulties (e.g. spending more money than they can afford to spend)
- Relationship difficulties
- Gathering materials (pills or a weapon)

*** It's important to note that sometimes there are no 'signs' at all.**



Physical Markers

Physical markers include (but are not limited to):

- Weight gain or weight loss
- Acne
- Signs of self-harm
- Lack of hygiene
- Loss of interest or lack of care about their appearance



Emotional Markers

Emotional markers include (but are not limited to) :

- Feeling depressed
- Lack of interest in activities once enjoyed
- Irritability
- Anger
- Anxiety
- Shame or humiliation
- Mood swings



Direct Verbal Markers

Verbal Markers include (but are not limited to) talking about:

- Killing themselves
- Their life having no purpose
- Feeling like a burden
- Feeling stuck
- Not wanting to exist
- Financial difficulties
- Relationship difficulties



Indirect Verbal Markers

Indirect verbal expressions may include:

- Hopelessness
- Failing to see a future
- Believing they are a burden to others
- Saying they feel worthless or alone
- Talking about their death or wanting to die
- Financial difficulties
- Relationship difficulties

Suicide Prevention: Factors and Questions

Risk Factors

Risk factors that may indicate someone is at a higher risk of suicide include (but are not limited to):

- History of substance abuse
- Access to firearms
- Difficult life events
- Isolation from others
- History of mental illness
- History of physical, emotional or sexual abuse
- Having a terminal or chronic illness
- Past suicide attempts
- Experiencing bullying
- Feeling uncertain about their sexual orientation

There are 6 elements that may present danger to a person thinking about suicide, we must ask the person we are supporting the following questions.



Are you alone?

Being alone can pose a risk to a person who is considering suicide, especially if the person doesn't have anybody to speak to, therefore we must ask the person if they have a safety contact or link to professional support.



Are you in pain?

If the person is experiencing high levels of emotional pain, continue the conversation, this may help reduce that in some way for them.



Do they have a plan?

If they have the means and a plan in which to suicide, we must consider how we would dismantle that plan.



Have they attempted to end their life before?

We also need to know if they have ever attempted suicide before, if they've just had thoughts of suicide, if they've only ever had thoughts of suicide and not, acted on the thoughts, they are less likely, to end up at the point of death than somebody who has had thoughts and has acted on them.



Is the person using alcohol or drugs?

If so, we must discuss no use of safe use.



Have you been given a mental health diagnosis?

If they have it means they may already be linked to the GP or clinical support.

Once we have asked the 6 questions, we then need to consider what needs to be done now for safety and who can help them with this, i.e. out of hours G.P, friends, family or faith groups

Suicide Prevention: Helping a Suicidal Friend

If someone you know is feeling suicidal they might need someone they feel safe with to talk to express their feelings, fears and anxieties with, and to be themselves with.

What might someone who is suicidal want?



Someone to listen

Someone who will take time to really listen to them. Someone who won't judge, force advice or opinions, but will give their undivided attention.



Someone to trust

Someone who will respect them and won't try to take charge. Someone who will treat everything in complete confidence.



Someone to care

Someone who will make themselves available to put the person at ease in a calm manner. Someone who can reassure, accept and believe them. Someone who is able to show that they care.

What might someone who is suicidal NOT want?



To be alone

Rejection can make the problem seem ten times worse. Having someone to turn to makes all the difference.



To be lectured

Lectures don't help. Nor does a suggestion to 'cheer up' or an easy assurance that 'everything will be OK'. Try to avoid analysing.



To be interrogated

Don't change the subject, pity or patronise. Talking about feelings can sometimes be difficult. People who get the confidence to speak to you about suicide will not be rushed or put

About Ripple

Ripple Suicide Prevention Charity was founded by Alice Hendy MBE after she lost her brother Josh to suicide at 21 years old. Josh had been researching over the internet techniques to take his own life. To ensure more help and support is given to individuals searching for harmful content online, Alice set up **Ripple**, a digital crisis intervention tool designed to present a visual prompt when a person searches for keywords or phrases relating self-harm or suicide and signpost to support.

Ripple currently has over 1.8 million active users and has intercepted more than 32,000 harmful searches, saving countless lives to suicide.

Save lives with Ripple – one click at a time

- Individuals, education institutions, charities – get Ripple browser extension for free, today.
- Businesses and public sector – contact us for a subscription package to protect your employees and support the future development and adoption of the tool.

Start here: RippleSuicidePrevention.com