

Further Resources

Antidepressants: <https://www.mind.org.uk/information-support/drugs-and-treatments/antidepressants/about-antidepressants/>

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

PAPYRUS UK is a charity for the prevention of young suicide (under 35) in the UK:

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

Shout www.giveusashout.org

Confidential 24/7 text service offering support if you're in crisis and need immediate help.

Stay Alive

www.prevent-suicide.org.uk

App with help and resources for people who feel suicidal or are supporting someone else.

Survivors of Bereavement by Suicide (SOBS) www.uk-sobs.org.uk

Emotional and practical support and local groups for anyone bereaved or affected by suicide.

Grassroots Suicide Prevention

<https://prevent-suicide.org.uk/>

Maytree Suicide Respite Centre

Offers free respite stays for people in suicidal crisis.

<https://www.maytree.org.uk>