

Feeling in crisis / Experiencing suicidal thoughts and feelings

You are not alone. You are important. It is OK to ask for help

There are times in our lives when we can feel particularly down or desperate. We may have thoughts such as we don't want to carry on living or hold the mistaken belief that people would be better off without us.

If you are feeling like this, it's important to know that you are not alone and talking to someone can help you see beyond how you're feeling right now

- Call **111** (freephone, open 24 hours a day) - a highly trained adviser, supported by healthcare professionals, will ask you a series of questions and direct you to the best service to support your needs.
- Talk to the Samaritans on **116 123** (freephone, open 24 hours a day) if you need someone to listen at any time of the day or night.
- Contact your GP and let them know how you are feeling - emergency appointments are often available.
- Make a **Safety Plan** to help you stay safe. This weblink will help you make a plan to help you [Staying safe](https://www.stayingsafe.net) (<https://www.stayingsafe.net>)
- If you live in **Leeds** please visit <https://www.mindwell-leeds.org.uk/> for further local support services to help in times of crisis

Emergency Help

If you feel that your life is in imminent danger, you have taken steps to end your life, or you feel unable to stay safe from suicide contact **999** to access emergency support.