

## Mental health support contact numbers

At SWFC, we recognise that as many as 1 in 4 people may struggle with mental health issues or thoughts of suicide at any one time. Raising community awareness and breaking down the taboo is important to make progress in preventing suicide.

Suicide thoughts can impact anyone, at any time for many reasons. Knowing there are support services that can help if you are struggling with thoughts of suicide is massively important because it shows that you are not alone, and lives can be saved.

We know that staying isolated with your thoughts means that no one can support you, so breaking your silence around your feelings of suicide and what is causing this, is the way forward. Knowing what to say can be difficult. Please do not struggle alone.

You can find local NHS urgent mental health helpline support wherever you are in England. NHS urgent mental health helplines are available for people of all ages. You can call for 24 hours advice and support for you, your child, your parent or someone you care for by access the following link: <https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>. Sheffield Single Point of Access on 0808 196 8281 (calls are free from a landline or mobile) or 0114 226 3636. They are available 24 hours a day, seven days a week. Alternatively call 111.

Whilst not an exhaustive list of available local community support, please see additional helpline numbers for mental health support.

Shout is a 24/7 free text service, for anyone (any age) in crisis anytime, anywhere. It is a place to go if struggling to cope and in need of immediate help. Text: 85258 [www.giveusashout.org](http://www.giveusashout.org)

Childline is a free, private and confidential service to talk about anything. Whatever the worry, whenever help is needed, Childline can be reached online, on the phone, anytime. 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

Sheffield Rethink Helpline Available 24 hours a day, seven days a week, the Sheffield Rethink Helpline can offer advice to anyone struggling with their mental health. You can call them on 0808 801 0440. Calls are free from a landline or mobile.

Samaritans provides free emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. 116 123 [www.samaritans.org](http://www.samaritans.org)

Papyrus provides free confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. 0800 068 4141 [www.papyrus-uk.org](http://www.papyrus-uk.org)

KOOTH- <https://www.kooth.com/> An online mental wellbeing community for children and young people aged 11-18. They provide accessible and safe spaces with a range of therapeutic support and interventions.