

**Feeling Suicidal?**

For many of us who feel suicidal, there seems to be no other way out. Death describes our world at that moment and feelings of suicide should not be under-estimated, they are real and powerful and immediate. There are no magic cures.

But it is also true that:

* Suicide is often a permanent solution to a *temporary* problem
* When we are depressed, we tend to see things through the very narrow perspective of the present moment. A week or a month later, things may look completely different
* Most people who once thought about killing themselves are now glad to be alive. They say they didn’t want to end their lives – they just wanted to stop the pain.

**Where to find help if you are considering suicide**

**Crisis support**

**If you feel you are not able to keep yourself safe, and that you feel you are in crisis or you are considering A&E and do not need immediate medical assistance you should contact:**

**Brighton Urgent Response Service (BURS) which is able to offer immediate support. They can be reached on 01273 242220 (24-hr number). *Please keep this information in a safe place in case you need it.***

**Other support and helplines**

**NHS Direct** (24-hr number) 111

**Emergency Duty Service** (out of hours, Mon-Fri 5pm-8.30am. w/ends & bank hols 24 hrs) 01273 295555

**Samaritans** (24 hours) 01273 772277 or 08457 909090, text 07725 909090, email jo@samaritans.org, or drop-in any day 10am-10pm at Dubarry House, Newtown Road (near Hove Park Villas) Hove, BN3 6AE

**Sussex Mental Health Line** (5pm-9am, 24hrs w/end & bank hols)0300 5000 101

**Saneline** (6pm-11pm) 0845 767 8000

**HOPElineUK** (for under 35s or those concerned, Mon-Fri 10am-5pm, 7-10pm, w/ends 2-5pm) Tel0800 068 4141, text 07786 209697, email pat@papyrus-uk.org

**SOBS (Survivors of Bereavement by Suicide)** (leave msg) 01273 709060

**Supportline** (opening hours vary) 01708 765200

**MindOut LGB&T Mental Health Project** (leave message) 01273 234839

**Brighton LGBT Switchboard** (5-11pm) 01273 204050

**London LGBT Switchboard** (10am to 11pm) 0300 330 0630

**Mind In Brighton & Hove** 01273 666950

**Rethink** 0300 5000 927

**LGBT Police in Brighton & Hove/Sussex** 101 ext 550427

**Your GP**