



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 Mental Health Rapid Response Service which is able to offer immediate support. They can be reached on **0300 304 0078 (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

Adult Social Care Emergency Duty Service (out of hours, Mon-Fri 5pm-8.30am. w/ends & bank hols 24 hrs) 0800 833 408

Samaritans (24 hours) 116 123, 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 Open 24 Hours a Day - 0800 0309 500

B&H LGBT Community Safety Forum Helpline for Wellbeing/Emotional Support 01273 855620 Option 4, Email: info@lgbt-help.com

Saneline (6pm-11pm) 0300 304 7000 - currently on 07984 967 708 mobile due to COVID

HOPElineUK (for under 35s or those concerned, Mon-Fri 10am-5pm, 7-10pm, w/ends 2-5pm) Tel 0800 068 4141, text 07786 209697, email pat@papyrus-uk.org

SOBS (Survivors of Bereavement by Suicide) (9am-9pm) 0300 111 5065

Supportline (opening hours vary) 01708 765200

SHOUT (text messaging) 85258

MindOut LGBTQ Mental Health Service (leave message) 01273 234839

Brighton LGBT Switchboard (5-11pm) 01273 359042

London LGBT Switchboard (10am to 11pm) 0300 330 0630 or email chris@switchboard.lgbt or you can Instant Message them from their website.

Mind In Brighton & Hove 01273 666950

Rethink 0300 5000 927

LGBT Police in Brighton & Hove/Sussex 101 ext 550427

Your GP