



## 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** 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 4pm-9am. w/ends & bank hols 24 hrs) 01273 295555

**Samaritans** (24 hours) 0330 094 5717 or 116 123, email [jo@samaritans.org](mailto:jo@samaritans.org)

**Sussex Mental Health Line** 0800 0309 500

**HOPElineUK** (for under 35s or those concerned, 9am-midnight) Tel 0800 068 4141, text 07860 039967, email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**SOBS (Survivors of Bereavement by Suicide)** [email.support@uksobs.org](mailto:email.support@uksobs.org)

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

**MindOut LGBTQ Mental Health Service** (leave message) 01273 234839

**Brighton LGBT Switchboard** (7pm-9:30pm Wednesdays and Thursdays) 01273 204050

**London LGBT Switchboard** (10am to 10pm) 0300 330 0630 or email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or you can Instant Message them from their website [Switchboard LGBT+ Helpline](#)

**Mind In Brighton & Hove** 01273 666950 or email [info@mindcharity.co.uk](mailto:info@mindcharity.co.uk)

**Rethink** 0808 801 0525

**Your GP**