

Maytree Sanctuary

Maytree Sanctuary - a one-off short stay in a safe place for people in a suicidal crisis.

Tel: 020 7263 70 70

www.maytree.org.uk

SANE Mental Health Helpline

SANE's helpline is a national, 7 days a week, out-of-hours (6-11pm) telephone helpline for anyone coping with mental illness, including concerned relatives or friends.

Tel: 0845 767 8000

ChildLine

Help and advice about a wide range of issues for anyone under 19 in the UK. Childline is free, confidential and available any time, day or night.

Tel: 0800 1111

www.childline.org.uk

Petes Dragons (Only available in Devon)

A range of bereavement support to anyone affected by suicide

Tel: 01395 277 780

<http://www.petesdragons.org.uk>

We are always looking to update our KeepSafe connections so if you know of an organisation that could be added please let us know

Wellbeing Team

Tel: 01752 437177

Email: livewell.training@nhs.net

Plymouth

KeepSafe Connections



KeepSafe Connections are Able, Approachable, and Available to help with suicide. They know how to do suicide first aid (trained in suicide intervention). Different kinds of helpers in your community may have this training but some may not. It is best to check before adding them to this list

January 2019

Emergency 999

If you are concerned that harm to yourself or others is occurring or about to occur call the police and ambulance services. Explain your concerns in as much detail as possible to allow the call handler to provide the most appropriate response.

Tel: 999

NHS 111

If you need medical help but it is not an emergency

Tel: 111

The Samaritans

Confidential emotional support 24 hours 7 days a week.

(You can try a “test” call so you know what to expect if you ring for real)

Tel: 116 123

www.samaritans.org

Plymouth City Council Adult Social Care Out Of Hours Team

Service provided by Plymouth City Council for emergencies when the council offices are closed. They provide support and advice for people in Plymouth who become vulnerable or at risk of harm in an emergency, at night or at weekends.

Tel: 01752 346984

A&E

Accident and Emergency department is at Derriford Hospital

Tel: 0845 155 8155 (if the situation is life-threatening please dial **999**)

Local GP Surgery

Your local GP will be able to advise you on treatment and local support services

Papyrus - HOPElineUK

A national confidential support service for any young people (under 35), or anyone worried about a young person, at risk of suicide.

10am-10pm Monday-Friday, Weekends 2pm-10pm, and Bank Holidays 2pm-5pm.

Tel: 0800 068 41 41

www.papyrus-uk.org

SMS: 07786 209697

(Calls and texts are free from all providers and do not appear on bills)

CALM Helpline

Confidential, anonymous and free support, information and signposting to men anywhere in the UK through their helpline.

Monday-Friday from 1pm-11pm every day,

Tel: 0800 58 58 58

Webchat (5pm - midnight)

www.thecalmzone.net

(Calls free from landlines and most mobiles)

Devon Rape Crisis and Sexual Abuse Service

Confidential, professional support to survivors of rape, sexual assault and childhood sexual abuse. (Women aged 13 and over and young men aged 13-25) **(Services not available in Plymouth)**

Mon 6.00pm-9.00pm, Wed 10.00am-1.00pm & Fri 6.00pm-9.00pm.

Tel: 01392 204 174

Email: support@devonrapecrisis.org.uk

www.devonrapecrisis.org.uk

Switchboard LGBT+ Helpline

Confidential support from LGBT+ Volunteers 10am-10pm every day

Tel: 0300 330 0630

switchboard.lgbt