

Where can I get help?

If you are worried or needing emotional support, please contact the following organisations or visit their websites:



- Offering a safe and comfortable space to young people aged 13-25. The **FindItOut Centre** is where you can **drop in or make an appointment** to talk to a member of staff in confidence.

Address: 24 Marine Pl, Worthing BN11 3DN **Phone:** 01903 210315

- Access **free** online counselling at **KOOTH.COM**
- **ChildLine** is always open - **call 0800 1111** anytime (Calls to ChildLine are free from mobile phones even if you don't have credit.)
- Need to talk to someone confidentially? Calling **Samaritans** is **free** from a landline or mobile and they are open 24/7. **Call 116 123**
- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>
- http://www.yourspacewestsussex.co.uk/advice_and_info/organisations/connexions_centres_and_informa/worthing_information_shop.aspx

- NHS Choices

24 hour national helpline providing health advice and information.

Call 111 (free call from land-line or mobile)

www.nhs.uk

- Mind InfoLine

Online fact sheets and legal advice. Helpline open Monday to Friday
9.00am - 5.00pm.

www.mind.org.uk

0845 766 0163

- Saneline

Out of hours telephone helpline. Opening hours: 6pm - 11pm.

http://www.sane.org.uk/what_we_do/support/helpline/

0845 767 8000

Apps

- Stay Alive

A suicide prevention pocket resource for the UK, Stay Alive offers help and support both to people with thoughts of suicide and to people concerned about someone else. The app can be personalised to tailor it to the user

Go to Apple App Store

Go to Android App on Google Play

Here's the video about this App:

<http://m.youtube.com/watch?v=wKBVkjFRpo>

- Coping with suicidal thoughts

Advice on the first steps to take when experiencing suicidal thoughts.

helpguide.org/mental/suicide_help.htm

Pocket Resource Card

A printable, concise resource to help you if at risk of suicide or worried about someone else.