Cheshire West & Chester Council

Let's Talk about **Saving Lives**

You could make that difference and help save lives. Here's how:

See the problem:

Notice the people around you, for example is someone looking upset, agitated, or acting oddly?

Say the words:

If you're concerned about someone, then talk to them, listen without judging and ask if they're OK.

Signpost to support

Let them know where they can get support, if they need it.

If you're concerned a workmate might be thinking about suicide, it's important to ask them directly.
Asking someone if they feel suicidal will not put the thought into their head, or make it more likely to happen.
For tips on how to start the conversation and ideas for questions to ask, visit: www.samaritans.org or www.papyrus-uk.org

If someone can't cope and is feeling suicidal, some options for support are:

Ringing the Mental Health Crisis Line
0800 145 6485
This is for people in a mental health crisis, who live in Cheshire West, Cheshire East and Wirral.
It's open to people of all ages and is available 24/7
Family or friends of someone in crisis, can also ring for advice

Ringing Samaritans
on **116 123**
this service is available 24/7

Ringing CALM
0800 58 58 58
5pm to midnight 7 days a week

Ringing PAPYRUS
0800 068 41 41
9am-10pm weekdays,
2pm-10pm weekends & bank holidays
This service is for young people (under 35) who are having thoughts of suicide, It's also for anyone worried that a young person may be at risk of suicide.

Contacting their GP and asking for an emergency appointment
(or ringing NHS 111, if the GP surgery is closed)

Ringing 999
or going to A&E
if there's immediate risk to life

You can find details of local and national mental health support services on **www.livewell.cheshirewestandchester.gov.uk**

The online training "Let's Talk" could help you feel more confident to:
• approach someone you're concerned about • ask about suicide • signpost people to support
The training is free and only takes 20 minutes: **www.zerosuicidealliance.com**

This information sheet was written by Cheshire West and Chester's Council's Public Health Team. © 2020

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