

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:

Ring 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

Ring Samaritans

on **116 123**

this service is available 24/7

Ring CALM

0800 58 58 58

5pm to midnight
7 days a week

Ring 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.

Ring 999

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

Contacting their GP and asking for an emergency appointment

(or ringing NHS 111, if the GP surgery is closed)

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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