



Help is at hand
in Wolverhampton

Feeling overwhelmed,
or that your life
isn't worth living?






If you have already taken
steps to end your life or you
feel unable to stay safe:

-  Call **999** for an ambulance
-  Go to **A&E** (the nearest hospital
with an Accident & Emergency
department)




*If you have made any plans to harm
yourself, please think what you can
do to make your situation safer.*

Helplines

SAMARITANS

-  **116 123**
call FREE 24/7
-  **samaritans.org**
-  54 Newhampton
Road West
WV6 0RU

 **PAPYRUS**
PREVENTION OF YOUNG SUICIDE

-  **0800 068 4141**
-  Text
07786 209697
-  **papyrus-uk.org**

Feeling overwhelmed, or that your life is not worth living?

These thoughts can occur to anyone.

You need to know that the intensity of these thoughts, and the emotional and physical pain that comes with them will pass.

How can you cope right now?

- Make a safety plan – see www.stayingsafe.net for details
- Hold something warm or cold – notice how it feels
- Don't put yourself under pressure by thinking too far ahead – focus on today
- Avoid drinking alcohol or taking substances when feeling low
- Make a worry list. Which worries can you reduce? Which will you need support with? Start an action plan
- Plan something calming which you can look forward to soon
- Be around other people – see if you can make someone smile
- Whatever you're going through, you can call or text someone 24/7 FREE from any phone – see **'Helplines'**
- Find more coping strategies at www.papyrus-uk.org/help-advice-resources