

# Suicide Prevention & Bereavement Support Key Information



## If someone is in immediate danger

Call 999 or go to A&E. You can also contact NHS 111 (option 2) for urgent mental health support.

## Local Support (Wolverhampton & Black Country)

<b>Black Country 24/7 Mental Health Helpline:</b>	0800 008 6516 (free, 24/7)
<b>Wolverhampton Talking Therapies:</b>	01902 444111
<b>James' Place (Birmingham):</b>	0121 269 9400   Birmingham@jamesplace.org.uk
<b>Referral:</b>	<a href="https://www.jamesplace.org.uk/get-support/">https://www.jamesplace.org.uk/get-support/</a>

## Bereavement Support (Local)

<b>The Violet Project:</b>	<a href="https://violetproject.co.uk/">https://violetproject.co.uk/</a>
<b>Kaleidoscope Plus Group:</b>	<a href="https://www.kaleidoscopeplus.org.uk/suicide-bereavement-support/">https://www.kaleidoscopeplus.org.uk/suicide-bereavement-support/</a>

## National Support

<b>Samaritans:</b>	116 123   samaritans.org
<b>Shout:</b>	Text SHOUT to 85258
<b>Papyrus:</b>	0800 068 4141   papyrus-uk.org
<b>CALM:</b>	0800 58 58 58   thecalmzone.net

## Bereavement Support (National)

<b>Cruse:</b>	0808 808 1677   cruse.org.uk
<b>Support After Suicide Partnership:</b>	<a href="http://supportaftersuicide.org.uk">supportaftersuicide.org.uk</a>
<b>Winston's Wish:</b>	08088 020 021   winstonswish.org

## Key Message

You are not alone. Support is available locally and nationally for anyone in crisis, supporting others, or experiencing bereavement.



SAMARITANS