

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)

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

Bereavement Support (Local)

The Violet Project:	https://violetproject.co.uk/
Kaleidoscope Plus Group:	https://www.kaleidoscopeplus.org.uk/suicide-bereavement-support/

National Support

Samaritans:	116 123 samaritans.org
Shout:	Text SHOUT to 85258
CALM:	0800 58 58 58 thecalmzone.net

Bereavement Support (National)

Cruse:	0808 808 1677 cruse.org.uk
Support After Suicide Partnership:	supportaftersuicide.org.uk
Winston's Wish:	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