

Help Lines and support groups for those who are having suicidal ideas and struggling to cope with their thoughts.

- **The Sanctuary** 0300 003 7029 Manchester Self Help Services 8pm – 6am
- **Samaritans** (116 123) operates a 24-hour service available every day of the year. If you prefer to write down how you're feeling, or if you're worried about being overheard on the phone, you can email Samaritans at jo@samaritans.org.
- **Childline** (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.
 - **PAPYRUS** (0800 068 41 41) is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.
 - **SANE** runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. We are open every day of the year from 6pm to 11pm.
(0300 304 700) Local rate.
 - **The Silver Line** is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.
(0800 470 8090)
 - **Get Connected** is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn.
By phone Call us FREE on
0808 808 4994
Open from 11am - 11pm every day

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