

Safety Plan

What to do if you're still not feeling safe?

The 'Stay Alive' app can digitise your safety plan so you have it on your phone. You can add your own emergency contacts, photos, and wellbeing plan for recovery, and the app will provide you with breathing exercises, extra resources and links to relevant websites.



If you need immediate help:

In an emergency:

- Call 999
- Go to your local A&E department

If you're in crisis and need to speak to someone:

- Call NHS 111 (for when you need help but are not in immediate danger)
- Call Cheshire & Wirral NHS Crisis Line: 0800 145 6485 (24/7)
- Contact your GP and ask for an emergency appointment
- Contact the Samaritans (details below)
- Use the 'SHOUT' crisis text line - text SHOUT to 85258

Samaritans

Available 24 hours a day to provide confidential emotional support for people of any age who are experiencing feelings of distress, despair or suicidal thoughts, or people who just want to talk to a listening ear.

- **Website:** www.samaritans.org
- **Phone:** 116 123 (free to call from the UK and Ireland, 24 hours a day, 365 days a year)
- **Email:** jo@samaritans.org

Other sources of advice and support

Mind

Mind offers advice, support and information to people experiencing a mental health difficulty, along with their family and friends.

- **Website:** www.mind.org.uk
- **Support Line:** 0300 102 1234 (open 9am-6pm Monday-Friday except bank holidays)
- **Info Line:** 0300 123 3393 (open 9am-6pm Monday-Friday except bank holidays)
- **Text:** 86463 (open 9am-6pm Monday-Friday except bank holidays)
- **Email:** info@mind.org.uk

Papyrus UK

Papyrus is the national charity dedicated to the prevention of young suicide. They support anyone under 35 who are experiencing thoughts of suicide, as well as people concerned about someone else.

- **Website:** www.papyrus-uk.org
- **Helpline:** 0800 068 4141 (open 24/7)
- **Text:** 88247 (open 24/7)
- **Email:** pat@papyrus-uk.org

Martin Gallier Project

Martin Gallier Project is a non clinical Wirral-based organisation that supports individuals who are experiencing suicidal crisis, and those who are bereaved or affected by suicide. They are open 7 days a week, from 9:30am-4:30pm

- **Website:** www.themartingallierproject.org
- **Phone:** 0151 644 0294

Compañeros Crisis Cafe

Compañeros is a safe space in Birkenhead for people aged 18+ who are struggling with emotional and psychological distress, and who consider themselves to be in a self-defined crisis. Open 10am-10pm, 365 days a year.

- **Address:** 2A Price Street, Birkenhead, CH41 6JN
- **Phone:** 0151 488 8135
- **Email:** enquiries.comp@spiderproject.org.uk

Other sources of advice and support

James' Place

James' Place provides support to men who are experiencing thoughts of suicide, in a safe, friendly and non clinical environment.

- Address: 50 Catharine St, Liverpool L8 7NG
- Website: www.jamesplace.org.uk
- Phone: 0151 303 5757
- Email: liverpool@jamesplace.org.uk

Kooth

Kooth is a free online counselling and emotional well-being platform for children and young people aged 11-25, accessible through mobile, tablet and desktop. On Kooth you can chat to our friendly counsellors, read articles written by young people, get support from the Kooth community and write in a daily journal.

- Website: www.kooth.com

Qwell

Qwell is an online mental health service, providing free, safe and anonymous mental health and wellbeing support to anyone aged 26+.

- www.qwell.io

Switchboard

Switchboard is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. They can discuss anything related to sexuality and gender identity. Whether it's sexual health, relationships or just the way you're feeling. Switchboard is your space – to explore, talk and be truly heard.

- Phone: 0800 0119 100 (open 10am-10pm every day)
- Email: hello@switchboard.lgbt
- Website: www.switchboard.lgbt

CALM

Campaign Against Living Miserably (CALM) is a national charity that provides life-saving services, information and advice to help anyone struggling with life navigate the issues that can make us feel miserable. Their website contains guides, tools, a live webchat as well as a free, confidential and anonymous helpline.

- Website: www.thecalmzone.net
- Phone: 0800 58 58 58 (open 5pm-midnight every day)