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Suicide prevention

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If you or someone you know is having thoughts of suicide, it's important to get help

There's no easy way to talk about suicide, but help is always available.

Here are some places where you can get support.

If you or someone else is in danger, call the emergency services on 999

Samaritans

The [Samaritans](#) are always here to listen. Call 116 123 to speak to someone at any time.

Samaritans are available, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

You can also email the Samartans on jo@samaritans.org. When you email, they aim to respond within 24 hours.

Lancashire Crisis Line

[The line](#) is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services. Ring it if you are in crisis, need to access services or for advice about someone who needs treatment or support. Call 0800 9530110 any time day or night.

Text SHOUT

[Shout](#) is a free, confidential, anonymous service for anyone in the UK. It won't appear on your phone bill.

To start a conversation, text the word 'SHOUT' to 85258.

The Orange Button Scheme

[The Orange Button](#) is worn by people in Lancashire and South Cumbria who have undergone extensive suicide prevention training. While they are not able to counsel people, they can provide comprehensive signposting to relevant services.

There is also an orange button sticker that can be supplied to businesses and organisations such as cafes, shops and pubs, to place in a prominent window alerting people to trained staff available to help.

Elliot's Place

[Elliot's Place](#) is a new and innovative project aimed at helping young men struggling with their mental ill health and is here to support Blackpool men aged 18-25.

In 2020 Elliot Taylor tragically lost his life to suicide in Blackpool, which moved his family to take action for other young men in our town.

Empowerment Charity worked alongside Elliot's family and friends to fundraise and develop a space for young men in Blackpool to connect. A network of Elliot's Mates (volunteers) are being recruited to provide peer mentorship and activities to promote mental wellbeing.

Papyrus

[PAPYRUS Prevention of Young Suicide](#) is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people under 35.

Call 0800 068 4141 or text 07860 039 967 to talk to someone. Lines are open 9am to midnight 7 days a week.

Stay Alive App

[Stay Alive](#) is a free app that offers help and support both to people with thoughts of suicide, and to people concerned about someone else.

In addition to the resources, the app includes a safety plan and customisable reasons for living.

Mind

- [How to support someone who feels suicidal](#), giving practical suggestions for what you can do and where you can go for support.
- [Suicidal feelings](#) - Explains what suicidal feelings are, and what you can do if you feel suicidal. Also covers the causes, treatments and support options for suicidal feelings.
- [Lancashire Mind suicide prevention](#) - Lancashire Mind have been commissioned by Healthier Lancashire and South Cumbria to deliver a range of training to help professionals and community members across Lancashire and South Cumbria to grow in confidence and skills around talking about suicide.

Childline

[Childline](#) offers information, advice and support for children and young people under 19. Call 0800 1111 anytime day or night.

The Silver Line

[Silver Line](#) is a free, 24-hour telephone service for older people. Call 0800 4708090 at any time of the day or night.

Staying safe from suicidal thoughts

[Staying Safe](#) is a website full of information about how to make a safety plan for anyone struggling with suicidal thoughts or supporting someone else.

Alumina

[Alumina](#) is a free, online 7 week course for young people struggling with self-harm. Each course has up to 8 young people, all accessing the sessions from their own phones, tablets or laptops across the UK. The courses take place on different evenings of the week and are run by friendly, trained counsellors and volunteer youth workers.

Amparo

Amparo provides emotional and practical support for anybody who has felt the impact of suicide. It is completely confidential and can provide short-term or longer-term support, depending on what you feel it is you need.

You can ring them on 0330 088 9255 or email amparo.service@listening-ear.co.uk

Support after Suicide Partnership

A network of organisations that support people who have been bereaved or affected by suicide. [Support after Suicide Partnership](#) have a range of support materials on the site including the Help is at Hand support guide that provides people affected by suicide with both emotional and practical support.

Blackpool Council

Municipal Buildings
Corporation Street
Blackpool
FY1 1NF

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