

## Someone you know may be at risk of suicide if they:

- Talk about wanting to die or feeling like a burden to others
- Have been stressed or anxious and don't seem to be coping
- Appear careless, moody or withdrawn
- Have lost interest in their appearance
- Are misusing drugs and / or alcohol



**TOGETHER WE CAN  
SAVE LIVES, SO  
LET'S TALK SUICIDE**

[www.unitedtopreventsuicide.org.uk](http://www.unitedtopreventsuicide.org.uk)



**We all have a role to play  
in suicide prevention**

**Lifelines Card**

## You can help by being suicide ALERT:

- **Ask** if you think someone may be thinking about suicide
- **Listen** carefully to what the person is saying
- **Encourage** them to get help from friends, family or support services
- **Right now** call 999 if you think someone has an immediate suicide plan and the means to carry it out
- **Talk** to someone to support you

## Help and Support

### Encourage the person to contact their GP

<b>Samaritans</b>	116 123
<b>Breathing Space</b>	0800 83 85 87
<b>NHS 24 Mental Health Hub</b>	111
<b>SHOUT text service</b>	Text SHOUT to 85258
<b>Survivors of Bereavement by Suicide</b>	0300 111 5065

**If the person is at immediate risk call 999 and don't leave them alone**

### Stay Alive App

Download on [Apple](#) or [Android](#)

**Childline (up to age 19)** 0800 1111

### NHS Borders

#### Wellbeing Point

[www.nhsborders.scot.nhs.uk/wellbeingpoint](http://www.nhsborders.scot.nhs.uk/wellbeingpoint)

