

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- Appear careless, moody or withdrawn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
- Have feelings of hopelessness - they have a lack of hope for the future



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



Time



Space



Compassion



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

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

Samaritans (24hrs)	116 123
Breathing Space	0800 83 85 87
NHS 24 Mental Health Hub (24hrs)	111
PAPYRUS HOPELINE247 (24hrs) Prevention of Young Suicide	0800 068 4141
SHOUT text service	Text SHOUT to 85258
Survivors of Bereavement by Suicide	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) (24hrs) 0800 1111

**NHS Borders
Wellbeing Point**
[www.nhsborders.scot.nhs.uk/
wellbeingpoint](http://www.nhsborders.scot.nhs.uk/wellbeingpoint)

