

# HOPELINEUK

## 0800 068 4141

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

### HOPELINEUK

Call: **0800 068 4141**

Text: **07786209697** or

Email: **pat@papyrus-uk.org**

Opening hours:

10am - 10pm weekdays

2pm - 10pm weekends

2pm - 10pm bank holidays

**www.papyrus-uk.org**

Our Suicide Prevention Advisers are ready to support you

**West Midlands** - 516-517 The Green House,  
The Custard Factory, Gibb Street, Birmingham, B9 4DP  
email: **westmidlands@papyrus-uk.org**  
Tel: **0121 437 0411**

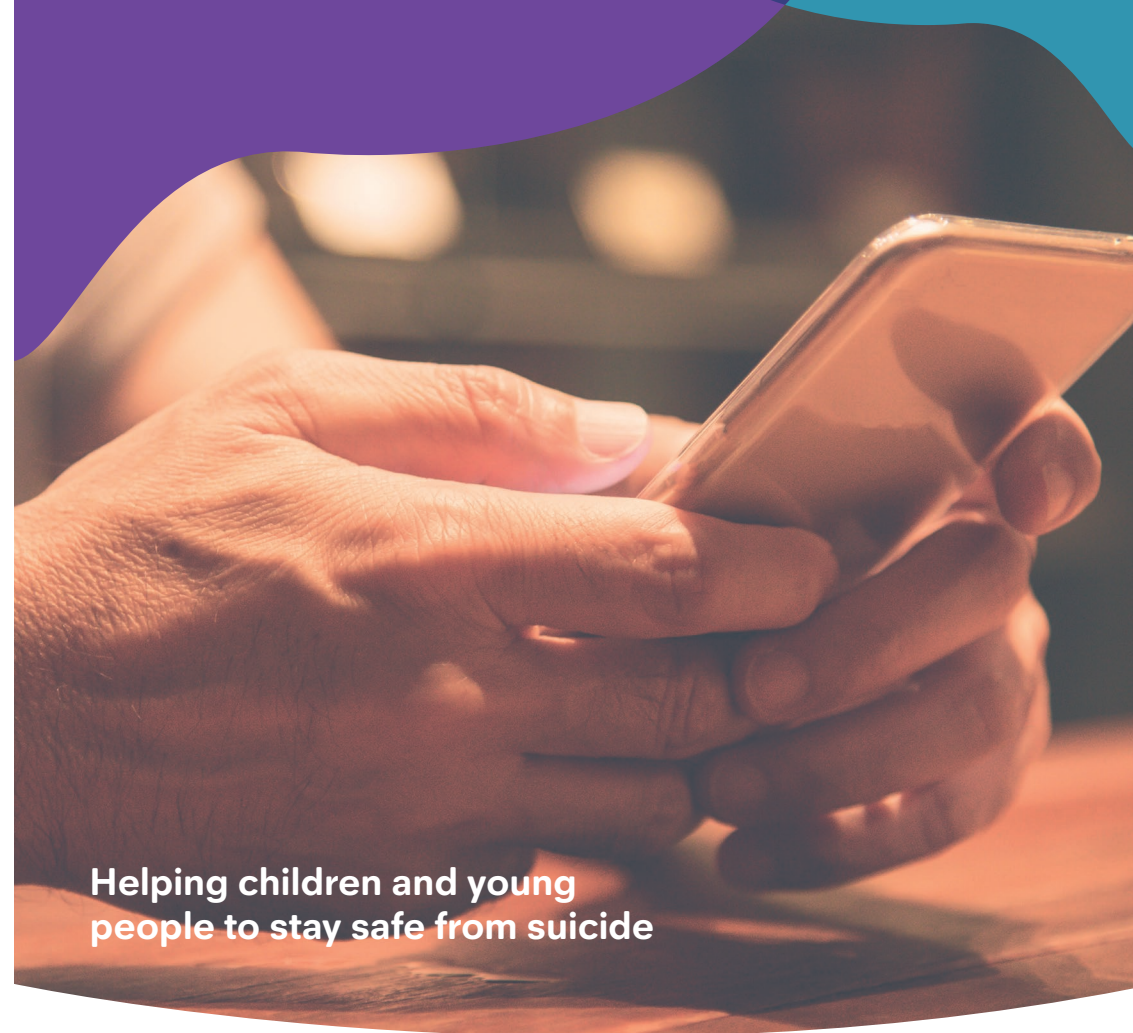
**London** - 30 Binney Street, London W1K 5BQ  
email: **london@papyrus-uk.org**

**Head Office** - PAPYRUS Prevention of Young Suicide  
28-32 Milner Street, Warrington, WA5 1AD  
email: **admin@papyrus-uk.org**  
Tel: **01925 572 444** (Mon - Fri, 9:00am to 5:15pm)



# SUICIDE

the biggest killer of  
young people in the UK.



Helping children and young  
people to stay safe from suicide



**HOPELINEUK**  
0800 068 4141

# What is HOPELINEUK?

HOPELINEUK is a confidential support and advice service for:

- **Children** and young people under the age of 35 who are experiencing thoughts of suicide.
- **Anyone** concerned that a young person could be thinking about suicide.

HOPELINEUK advisers want to work with you to understand why these thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.

## Young People

Our advisers are all trained to help you focus on staying safe from suicide. Their training enables them to provide advice and support that may help you to move forward and stay alive.

## Concerned Others

If you are concerned that a young person is feeling suicidal, advisors can support you to start a conversation about suicide and explore options of how best to support them.

# Who can PAPYRUS HOPELINEUK help?

- **Young** people, children, family, parents, siblings, partners, carers, grandparents.
- **Concerned** friends: at work, in school, college, university.
- **GPs**, Nurses, teachers, school nurses, A&E staff, pastoral staff.
- **Mental** health professionals: CAMHS staff, CPNs, Psychiatrists.
- **Education** staff: teachers, lecturers, learning mentors, education social workers.
- **Police**, ambulance staff, prison staff, drug and alcohol services, probation workers.

"I've just searched online to find the service, this is the best advice I've had, and I'm talking about doctors and health professionals. Do you know nobody has just asked me to talk to him; it's really strange when you think about it - so thank you."

"Thank you for helping me - no one has ever helped me this much before."

"The people at HOPELINEUK are great - I feel understood."