

# Helplines and Apps

## SUSSEX NHS MENTAL HEALTH LINE

**Phone: NHS 111, option 2 or 0800 0309 500**

A helpline for people of all ages who need urgent mental health support. The helpline is available all day, every day, calls are free from landlines and mobiles. The Sussex Mental Healthline offers listening support, advice, information and signposting to anyone.

**More info:** <https://www.sussexpartnership.nhs.uk/your-mental-health/getting-help/sussex-mental-healthline>

## SHOUT

**Text: SHOUT to 85258**

Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope. To start a conversation, text the word 'SHOUT' to 85258. Our trained volunteers are here to listen at any time of day or night

**More info and support options:** <https://giveusashout.org/>

## PAPYRUS/HOPELINE UK

**Call: 0800 0684141 | Text: 07860 039967**

Papyrus is a national confidential helpline for any young people (under 35) at risk of suicide, or anyone worried about a young person at risk of suicide. The helpline is open 9am until midnight, every day of the year. You can also email or go via their website.

**More info and support options:** Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) | visit - <https://www.papyrus-uk.org/>

## SAMARITANS

**Call: 116123 | Email: [jo@samaritans.org](mailto:jo@samaritans.org)**

The Samaritans are a 24 hour confidential, listening service providing emotional support for anyone in crisis. You can call, email or write to them. There is also a new online chat service being set up on the website, as well as a selfcare app to download.

**More info and support options:** <https://www.samaritans.org/>

## CALM

**Call 0800 58 58 58**

Campaign Against Living Miserably provides a helpline is open from 5pm to midnight everyday. On their website it says: "We're taking a stand against suicide. That means...standing together to show life is always worth living." They also have a live webchat option.

**More info and support options:** <https://www.thecalmzone.net/>

## THE MIX

**Call: 0808 808 4994**

A free helpline for young people where you can talk to trained supporters about any issue that's troubling you. Call us on 0808 808 4994. We're open from 4pm to 11pm, Monday to Saturday. They also have 1-2-1 live webchat open 4pm to 11pm, Monday to Saturday,

**More info and support options:** <https://www.themix.org.uk/get-support/speak-to-our-team>

## STAYALIVE APP

**Download on App Store & Google play**

If you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide, you may find this app helpful. It is by Grassroots, a suicide prevention charity with a lot of experience and knowledge. You can visit their website to find out more

**More info and support options:** <https://www.stayalive.app/>

## CALM HARM APP

**Download on App Store & Google play**

The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm behaviour and explore underlying trigger factors; the app supports you in building a 'safety net' of helpful thoughts, behaviours, and access to supportive people. The Calm Harm app also signposts to help

**More info and support options:** <https://calmharm.co.uk/>