

## World Suicide Prevention Day

Every year, on 10th September, organisations around the world come together to raise awareness of suicide prevention.

**In the UK, approximately 17 people die from suicide every day. Globally, one person dies by suicide every 40 seconds.**



**At Carers' Hub, we want to make sure that carers have information about the support available. Both online and in person services are available.**

In Lambeth alone, 17 people die from suicide a year, and many more attempt to take their own lives. If you are struggling with your mental health or experiencing suicidal thoughts, know that **you don't have to struggle alone: there is help at hand.**



Try to speak with a close family member or friend. If you can't think of anyone, or would rather not talk to your loved ones, there are people and supportive services that will listen and help you through this time in your life.

Here at Carers Hub, we work hard to prioritise carer wellbeing and support. We want to improve mental health and promote self-care among unpaid carers.

**We know that unpaid carers often have to face unique challenges.** According to a [Carers UK Report](#), 81% of carers have felt lonely or isolated due to their role. Carers also face greater anxiety levels and added stress. **This can sometimes lead to feelings of hopelessness and suicidal thoughts.**



As well as this, many of our carers look after someone with significant mental health difficulties including those at higher risk of suicide. In these cases, an understanding of suicide prevention is essential. We are keen to ensure carers can access information, advice, and training on suicide prevention.

**As part of World Suicide Prevention Day, we are sharing some of the key resources and services available to you.**

*However if somebody is in immediate danger of harming themselves or others, you need to call 999.*



### At Carers Hub

We offer free online mindfulness sessions every week. Mindfulness has been proven to help improve wellbeing and provides respite from the stress of everyday life.

We also have a regular Mental health carers peer support group. This is for those who care for somebody with mental illness. You can meet others in the same position.

Please [get in touch](#) if you want to find out more.

### Crisis Services

[NHS South London and Maudsley NHS Trust](#)-They operate a 24-hour mental health crisis line

- **Phone: 0800 731 2864 (Option 1)**

[Samaritans](#)- Free phone line where trained volunteers listen to you and help you talk through your concerns, worries and troubles. They can call an ambulance on your behalf. Letter writing and email services are also available, for those who don't need immediate support.



- **Freephone:116 123**
- **Email: [jo@samaritans.org](mailto:jo@samaritans.org)**



**Papyrus HOPELINEUK** (under-35s) - They have advisors who want to work with you to understand why 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.

- **Freephone: 0800 068 4141**
- **Text: 07860 039967**
- **Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)**



**Solidarity in a Crisis**- A peer run emotional support and listening service. They provide:

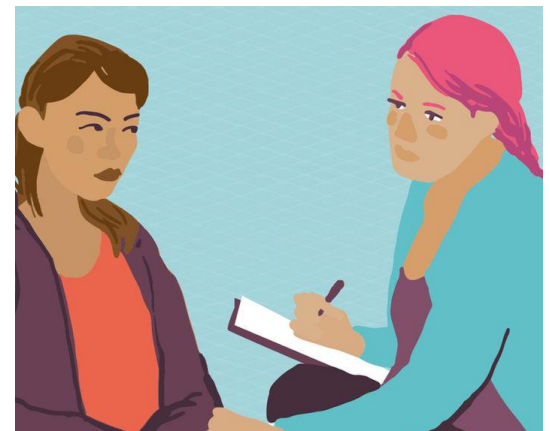
- An out of hours crisis helpline which offers phone support
- A Community team which provides short-term crisis support in the local community, following professional referral (GPs, key workers, IAPT services, A&E, or other organisations and charities)
- **Freephone: 0300 123 1922**

## **Non-Urgent Mental Health Support**

**Certitude**- Provides support to people with learning disabilities, autism and mental health support needs across the capital, from essential round-the-clock support, to helping after a period of crisis, to rebuilding connections in the community.

**The Lambeth Single Point of Access (SPA)**- helps adults aged 18 to 65 years to get the right mental health support. People can contact them directly. They help people access:

- one of three Living Well Centres. These offer short and longer term support from teams of clinicians, social workers, people with lived experience and support workers.
- if appropriate, a team that can visit you if you require mental health support within 24 hours.
- other services and community groups who can support you.



**MIND Lambeth and Southwark**- they work across both boroughs to support positive mental health and wellbeing. Working closely with a range of partners, to offer a number of activities from our peer support groups to an information line. This includes **specialised support** for adults from Black African/African-Caribbean backgrounds.

**The Help Hub**- is a free video or telephone counselling by voluntary counsellors. You can book a 20 min slot any day of the week, they are roughly open 8:30 am - 8 pm. You will need to apply with your name, email and contact number for each session.

**The Caravan** - The drop-in offers a core service of listening and emotional support, which can evolve into counselling, by arrangement. Free service opens 7 days a week.

- **Freephone: 0207 183 1802**

**MIND** - Psychotherapy for All service offers free, long-term talking therapies. To access this service call their information line, open between 8 am and 3 pm Monday, Tuesday and Thursday. Or you can email them.



- **Freephone: 07871 940 763**
- **Email: [generalenquiries@lambethandsouthwarkmind.org.uk](mailto:generalenquiries@lambethandsouthwarkmind.org.uk)**



**The Listening Place**- The Listening Place is for people who feel life is no longer worth living. Individuals can talk openly about their feelings, without being judged or being given advice. You can complete a self-referral on their website, or a member of the team can complete a professional referral with your consent.

- **Freephone: 020 3906 7676**

**Guild of Psychotherapists**- They provide reduced fee weekly counselling for up to 2 years.

**The Free Psychotherapy Network**- A group of psychotherapists offering free psychotherapy to people on low incomes.



## Educational Resources and Training

[Love Lambeth](#) - Free half day of suicide prevention training for anyone who lives and works in Lambeth, once a month.

[Zero Suicide Alliance](#) - An organisation that offers FREE suicide awareness and prevention training videos, as well as resources and case studies. They also offer specialised University student and Veteran training.



**We are here to help. Please get in touch if you need our support, or to request service referrals.**

For more information on available support, take a look at our [Top Tips for Carers Booklet](#)

