



Let's Talk about...Suicide Prevention

Suicide is preventable – If you or someone you know is having suicidal thoughts, we can help.

In the UK in 2019, 6524 people took their own lives. Men are three times more likely than women to die by suicide. Women are more likely to report suicidal thoughts.

If you're feeling so down that you can't see a way out, you don't need to struggle alone. Lots of people have felt like this and with help, managed to get through it. Please know you are not alone. Help and support is available right now if you need it.

For help you can contact:

- **Samaritans:**

Offer emotional support 24 hours

Tel. **116 123**

Email: jo@samaritans.org or visit www.samaritans.org

- **Black Country 24/7 Urgent Mental Health Helpline:**

This service offers a free 24/7 helpline who require support on urgent mental health concerns.

Tel: **0800 008 6516** or Text message: **07860 025 281**

Visit: **Black Country 24/7 Urgent Mental Health Helpline** (rethink.org)

It's OK not to be OK – Make that call and get the help that is there for you.

For more information visit: <https://healthwatchwalsall.co.uk/useful-links/>

- **If you need urgent support:**

Go to your nearest Accident and Emergency department (A&E) or Call **999** if you are at risk of harming yourself or others.

