

EAST AYRSHIRE COUNCIL



YOUNG PERSONS
**SUICIDE
SUPPORT**
DIRECTORY



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INTRODUCTION

Suicide is the leading cause of death among young people in the UK today. Every life lost to suicide is a tragedy.

Suicidal feelings can affect anyone; of any age, gender or background and at any time, but you are not alone. There is support, both locally and nationally, that can help you cope with the problems that may be causing you to feel suicidal.

However, many people don't know where to find the support available and therefore we have developed a '**Young Persons Suicide Support Directory**'. This Directory can signpost you to a variety of supports that are available, whether you prefer talking to someone face to face, online or via the telephone.

Remember the important thing is to talk to someone and share how you are feeling – whether that's a friend, family member, school teacher or by reaching out to one of these organisations.

If you have concerns about someone, the best way to find out if they are thinking about suicide is to ask them directly. This can be an enormous source of relief for someone in crisis and can prevent the immediate danger of suicide occurring.

If, however, you don't feel you can keep yourself or someone you care about safe right now, seek immediate help by calling 999.

EMERGENCY HELP



If someone is at immediate risk of suicide and harm is occurring or about to occur, the best course of action to protect that person may be to get them to Accident and Emergency for urgent professional help.

If this is the case, consider what the safest option is to get them to A&E as soon as possible. They may agree to go with you or may prefer to go with a member of their family, a friend or a work colleague.

If they are unwilling to go and are at immediate risk of harm, call 999 for the police and stay with them until the police arrive.

Another available route of support, which in some circumstances may be most suitable option, is to encourage the person in crisis to see their GP. With their permission, you can call their GP surgery to make an appointment or take them straight there if they are willing to go.

SUICIDE PREVENTION

SAMARITANS

If you need someone to talk to, call [The Samaritans](#) any time, 24 hours a day for free on **116 123** from any phone. They won't judge or tell you what to do. They will just listen. Alternatively, it may be easier to write down how you are feeling. Contact jo@thesamaritans.org

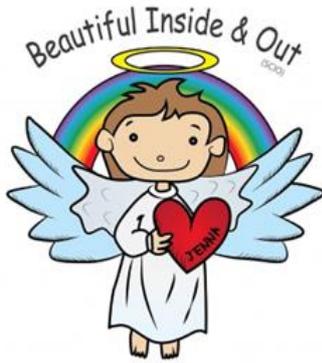
Or visit the Ayrshire branch at 22 The Foregate, Kilmarnock.

Opening hours are:

Tuesday	5pm – 9pm
Wednesday	8am – 11am and 3pm – 9pm
Thursday	6pm – 9pm
Friday	8pm – 9pm
Saturday	5pm – 9pm
Sunday	5pm – 9 pm



[Childline](#) is a free, private and confidential service where you can talk about anything. Whatever you are worried about, whenever you need help, Childline is there for you online, on the phone, 24 hours a day. **Call 0800 1111.**



Beautiful Inside and Out, a charity which has been involved with a number of Youth and Philanthropy Initiative (YPI) participating schools, was set up by Pauline Moriarty in 2013 following the suicide of her 13 year old daughter Jenna.

The charity provides bespoke counselling and bereavement support to young people in crisis.

Call 07984 328808 or visit

www.facebook.com/beautifulinsideandoutscio/



Papyrus is a national charity dedicated to the prevention of suicide for young people. If you are having thoughts of suicide or are concerned for someone, **phone 0800 068 4141 or text 07786209697** for confidential support and practical advice. Opening hours are Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm or email **pat@papyrus-uk.org**.



The **Stay Alive app** is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. Download from Google Play at <https://play.google.com/store/apps/details?id=uk.org.suicideprevention.stayalive> or download on the Apple Store at <https://itunes.apple.com/us/app/stay-alive/id915458967>



Better Stop Suicide, a free app created by a team of leading psychologists and digital health experts, has been launched globally.

The app helps people to press their own stop button should suicidal thoughts come to them and to buy time so they can find further help and support. Download from Google Play at <https://play.google.com/store/apps/details?id=com.betterappcompany.betterstopsuicide> or on the Apple Store at <https://itunes.apple.com/gb/app/better-stop-suicide/id1451620546#?platform=iphone>



Young Minds provides information and advice about young people's mental health. **Call 0808 802 5544** Monday to Friday or if you need urgent help text **YM to 85258**.

ALCOHOL AND DRUGS

Ayrshire Council on Alcohol offer a free one-to-one confidential service to young people who are concerned about their drinking. Call **01292 281238** during office hours or email info@acaayr.org.

NHS Ayrshire & Arran Community Addiction Services offer a number of different interventions, including support to stop taking drugs and alcohol, and mental health services-related treatment and support. Call **01563 574237** during office hours or **NHS24 111** outwith these times.

East Ayrshire Recovery Service (Addaction) provides free and confidential drug and alcohol support at The Cross, Kilmarnock. Call **01563 558777** Monday to Friday during office hours with a late night opening on Tuesdays.

Know the Score provides free, confidential information and advice on drug use. Call the Helpline between 8am and 11pm 7 days a week on **0800 5875879**.

SFAD support anyone who is concerned about someone else's drug or alcohol use, wherever they are in Scotland. Call the free and confidential helpline on **08080 101011** Monday to Friday 9am-11pm.

Talk to Frank provides confidential advice and information about drugs, including legal highs, for young people. Call **0300 123 6600** 24 hours a day or email frank@talktofrank.com

SEXUAL ABUSE



Break the Silence is a registered charity with clinics in Kilmarnock, Cumnock and Dalmellington. It provides a range of supports for survivors of rape and childhood sexual abuse, aged 13 years and above. Call **01563 559558**.

SEXUALITY



The Tie Campaign aims to combat homophobia, biphobia and transphobia in schools. Email hello@tiegampaign.co.uk or twitter [@tiegampaign](https://twitter.com/tiegampaign).



Broken Rainbow provides confidential support to all members of the LGBT communities, their family, friends and agencies supporting them. Call **0300 999 5428**.

SELF HARM



Mind can help explain possible causes for self-harm and assist in accessing treatment and support. This site includes tips for helping yourself and guidance for friends and family. **Call 0300 123 3393 or Text 86463.**



SAMH is an online resource to help you understand why you self-harm and gives you self-help techniques, support and guidance.

FINANCIAL

If you have debt worries, [East Ayrshire Money](#) is a service which can help by putting you in touch with the right local organisation that can best provide the advice, information and support that you need. **Call 0800 389 7750 or email info@eamoney.co.uk**

[Citizens Advice](#) is Scotland's largest independent advice network and is free, confidential, impartial and available to anyone. **Call 01563 553479 or 01290 429500.**

[Money Advice Scotland](#) provides signposting to free, confidential and independent advice on how to deal with debt problems. **Call 0800 731 4722** during office hours.

[Step Change](#) provides free, expert debt advice, no matter how large or small your debt problem is. **Call 0800 138 1111** Monday – Friday 8am to 8pm and Saturday 8am – 4pm.

[Gambling Anonymous Scotland](#) provides support on controlling gambling, dealing with debt as well as providing support to family and friends who may be affected. **Call 0370 050 8881** 24 hours a day.

EATING DISORDERS

The Scottish Eating Disorder Group (SEDIG) is an online support that helps people across Scotland find the support, care and understanding they need to deal with eating disorders, whether they are affecting them directly, a family member or someone you care for.

Beating Eating Disorders runs a number of online support groups or call **0808 801 0677** for further information.

DEPRESSION



Living Life offers free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, feel happier and stay calm and much more. **Call 0800 328 9655 or email enquiries@livinglifetothefull.com.**



Breathing Space is a free and confidential phone service for anyone experiencing low mood, depression or anxiety. **Call 0800 83 85 87** Monday – Thursday 6pm – 2am and during weekends Friday 6pm – Monday 6am.



Wellbeing Services is an online service offering a variety of self-help materials for all sorts of problems that you may be facing.



Beating the Blues is an effective treatment for people feeling stressed, depressed, anxious or just down in the dumps. Based on Cognitive Behavioural Therapy, the course is made up of 8 online sessions which lasts approximately an hour and helps you to understand the link between how you think and how this influences your feelings and behaviours. The program teaches strategies to help you cope better in the short term and workable skills for life so that you can face the future with confidence. Contact your GP to access this online resource.

BULLYING



Respect Me provides practical advice and guidance on dealing with bullying behaviour. Call **0844 800 8600** or email **ENQUIRE@RESPECTME.ORG.UK**.

BEREAVEMENT



Cruse Scotland offers support, advice and information to children and young people when someone dies. **Call 0845 600 2227** Monday – Thursday 10am – 8pm and Friday 10am – 4pm.



Petal Support provides counselling and support services to people who have been affected by the loss of a family member to suicide in Scotland. **Call 01698 324502** during office hours.

RELATIONSHIPS



The Spark Relationship Helpline is a free, confidential telephone and online chat service.

You will be listened to and supported with life's relationship challenges. **Call 0808 802 2088** Tuesday and Wednesday 11am – 2pm for support with any relationship issue.



Relationships Scotland provide relationship counselling and family mediation and other family support services across Scotland. Their work supports young people and families experiencing relationship difficulties. **Call 0345 119 2020** during office hours.



SUICIDE PREVENTION HERE TO LISTEN

www.east-ayrshire.gov.uk/suicideprevention