

KeepSafe Connections **Barking & Dagenham**

KeepSafe Connections are **Able, Approachable**, and **Available** to help with suicide. They know how to do suicide first aid (trained in suicide intervention). Different kinds of helpers in your community may have this training but some may not. It is best to check before adding them to this list.

Emergency 999	If you are concerned that harm to yourself or others is occurring or about to occur call the police and ambulance services Tel: 999 Explain your concerns in as much detail as possible to allow the call handler to provide the most appropriate response.
NHS 111	If you need medical help but it is not an emergency Tel: 111
The Samaritans	Confidential emotional support 24 hours 7 days a week Tel:116 123
Out of hours General Practitioners (GP)	Out of hours GP service NHS 111
Mental health Crisis support	0300 555 1000
Emergency Duty Service/team	Out of hours' social services support 0300 555 1201
Papyrus HOPElineUK	Prevention of young suicide, for under 35s A national confidential support service for any young people (under 35) at risk of suicide, or anyone worried about a young person at risk of suicide. 10am-10pm Monday-Friday, Weekends 2pm-10pm, and Bank Holidays 2pm-5pm. Tel: 0800 068 41 41 Email: pat@papyrus-uk.org SMS: 07786 209697 Calls and texts are free from all providers and do not appear on bills
CALM Helpline	Confidential emotional support for men Confidential, anonymous and free support, information and signposting to men anywhere in the UK through their helpline. Monday-Friday from 1pm-11pm every day , calls free from landlines and most mobiles. Tel: 0800 58 58 58, Webchat (5pm - midnight), www.thecalmzone.net
Maytree Sanctuary	One-off short stay in a safe place Maytree Sanctuary - a one-off short stay in a safe place for people in a suicidal crisis. www.maytree.org.uk
SANE Mental Health Helpline	SANE's helpline is a national, 7 days a week, out-of-hours (6-11pm) telephone helpline for anyone coping with mental illness, including concerned relatives or friends. Tel: 0845 767 8000 www.sane.org.uk
ChildLine	Help and advice about a wide range of issues Anyone under 19 in the UK Childline is free, confidential and available any time, day or night. Phone, by email or through 1-2-1 counsellor chat.

	Tel: 0800 1111 www.childline.org.uk
Switchboard LGBT+ Helpline	Confidential support from LGBT+ Volunteers 10am-10pm every day Tel: 0300 330 0630
Pete's Dragons	Comfort after a suicide A range of bereavement support to anyone affected by suicide Tel: 01395 277 780
Student support/Nightline	https://www.nightline.ac.uk/ Tel: 0207 631 0101 (Coventry University Dagenham Campus)
Rape Crisis and Sexual Abuse Services.	Barking and Dagenham Independent Domestic and Sexual Violence Advocacy Service - Phone: 020 8591 3498 London Rape Crisis helpline on 0808 802 9999
Mental Health Liaison Service at Accident and Emergency Department	Queens Hospital A & E King George Hospital A & E Newham General Hospital A & E
Barking & Dagenham Access and Assessment Team	Assessment and Brief Intervention Team Barking Community Hospital Upney Lane Barking IG11 9LX 0300 300 1570

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