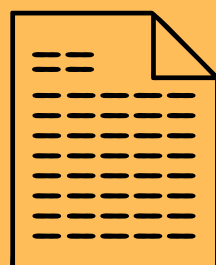


Key resources for an online or offline self help group

THE OPPORTUNITY TO SHARE YOUR EXPERIENCE AND SUPPORT OTHERS CAN HAVE GREAT BENEFITS

- **Spot the Signs Suicide Prevention Infographic** tool to provide you with practical steps to support someone with thoughts of suicide
www.suicidepreventionherts.org.uk/media/spot-the-signs-infographic.pdf
- **Hertfordshire Joint Social Media Agreement** for all organisations that use social media to communicate messages relating to mental health within Hertfordshire
www.suicidepreventionherts.org.uk/media/social-media-agreement.pdf
- **Just Talk Men and Boys** how to engage men and boys in talking about mental health
www.suicidepreventionherts.org.uk/siteelements/documents/just-talk/just-talkmenand-boys.pdf
- **Mind** booklets and information to support people with different difficulties
www.mind.org.uk/information-support/helping-someone-else

GUIDANCE



LOCAL SERVICES

- **HPFT Single Point of Access** If you need to make a referral or talk about an urgent mental health problem
www.hpft.nhs.uk/get-help/
- **NightLight** countywide out of hour's mental health crisis service for people 16+
www.hertsmindnetwork.org/nightlight
- **Wellbeing Team** free, confidential talking therapy for people 16+ experiencing a range of common mental health difficulties
talkwellbeing.co.uk
- **Mind in Mid Herts** prevention, recovery and support services for 16+ in Stevenage, St Albans, Hertford and Welwyn Garden City
www.mindinmidherts.org.uk
- **Herts Mind Network** aims to create opportunities for individuals 18+ to build resilience and manage their whole life and wellbeing out of 7 wellbeing centres
www.hertsmindnetwork.org



In an emergency, if you or someone else is at risk of harm, call 999 or visit your nearest Accident and Emergency Department

- **Samaritans 116 123** 24 hour confidential listening service providing emotional support for anyone in crisis
- **CALM 0808 802 58 58** confidential and anonymous support for men
- **Papyrus 0800 068 41 41** confidential helpline for under 35 at risk of suicide or anyone concerned about a young person
- **LGBT Switchboard 0300 330 0630** listening service for the LGBT+ community via phone, email or instant messaging

HELPLINES



ONLINE/APPS

- **Stay Alive App** signposting for emergency or support services in Hertfordshire as well as tools to help keep people safe in times of crisis
- **DistrACT App** easy, quick and discreet access to information and advice about self-harm and suicidal thoughts
- **Calm Harm App** designed to help people resist or manage the urge to self-harm
- **Kooth** free, safe and anonymous online support for young people
- **Shout** free crisis text service for anyone, anywhere



RESPONSIBILITIES AND LIMITATIONS

- **You won't have all of the answers** you don't have to solve people's problems, you just have to provide help and support
- **Remember the value of self care** it can be difficult to have certain conversations and it is important that people look after themselves and seek appropriate support when needed
- **Respect personal boundaries** If you run into someone outside your group, allow your peer to acknowledge you before saying hello
- **You are not alone** if you are concerned about someone, the organisations above can provide support

For further information visit www.suicidepreventionherts.org.uk

