Support services for people affected by a suicide

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| **Service** | **Contact details** | **Details of support offered** |
| **Call 999** |  | **If you or someone you know is in crisis. Call 999.** |
| Campaign Against Living Miserably (CALM) | **Website:** <https://www.thecalmzone.net/> **Tel:** 0800 585858**Webchat:** <https://www.thecalmzone.net/help/webchat/>  | Helpline is for men in the UK who are down or have hit a wall for any reason, who need to talk or find information and support. Campaign Against Living Miserably exists to prevent male suicide in the UK.   They use young men’s peers, their voices and interests to reach them and their materials and communications are created by young men.  You can call or text their helpline. |
| Childline | **Website:** <https://www.childline.org.uk/> **Tel:** 0800 1111 | Childline is here to help anyone under 19 in the UK with any issue they’re going through. Whether it’s something big or small, they have trained counsellors to support you.Childline is free, confidential and available any time, day or night. |
| **Clouds Counselling- Doncaster** | **Website:** <https://www.cloudsccs.com/>**Tel: 07962907053** | Provide a free online, group and one-to-one counselling service to children and adults in Doncaster. Clouds provide a confidential and professional service for as long as you need it with centres in Thorne, Moorends, Dunscroft, Hatfield and Stainforth. |
| **Doncaster Child and Adolescent Mental Health Services (CAMHS)** | **Tel: 01302 796191**<http://camhs.rdash.nhs.uk/professionals/doncaster/> email: RDASH.DoncasterCAMHS@nhs.net  | Doncaster Child and Adolescent Mental Health Service (CAMHS) provides mental health assessments, therapy and interventions for children, young people up to the age of 18 years and their families or identified carers when the child and young person is experiencing emotional or mental health difficulties |
| **Doncaster Improving Access to Psychological Therapy (IAPT)- The Talking Shop** | **Website:** <http://www.talkingsense.org/>**Tel:** 01302 565650 | There are a range of psychological therapists within the IAPT team you could see. Each one is able to offer you a variety of different treatments tailored to your needs. The team is primarily made up of psychological wellbeing practitioners, cognitive behavioural therapists and counsellors. |
| **Doncaster Children Safeguarding Trust- Counselling Service** | **Tel:** 01302 862680 **Email:** DCST.Counselling@doncaster.gcsx.gov.ukRoger Middleton Team Manager | Counselling service for children and parents with children under the age of 18. Adults and older children will usually be offered a one hour appointment. For young children the appointment will last for 30 minutes. We work at Family Hubs across Doncaster and where possible will meet you at the nearest and most convenient hub to you. Counselling will usually last until you and your counsellor feel you no longer require the support. |
| **Doncaster Mind- Community Crisis Peer Support** | **Website:** <http://doncastermind.org.uk/>**Tel:** 01302 812190 **Email:** [office@doncastermind.org.uk](http://office@doncastermind.org.uk/)  | A group of people who have experienced the loss of a loved one as a result of suicide have come together to try and make a difference. This is by acknowledging that they have a shared understanding and experience.  They hope that by coming together and sharing their own lived experience they will be able to build a support service to help people who have been bereaved by suicide. |
| **Doncaster Single Point of Access** | Tel: 01302 566999RDaSH.1Point@nhs.net  | A Single Point of Access (SPA) has been set up to receive requests for nursing intervention for patients who are not able to get to their GP surgery and for consultations that are deemed appropriate to only be completed in the patient’s home. |
| **Help is at Hand Booklet** | **Public Health-** Emma.Brown2@doncaster.gov.uk  | [www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf](http://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf)**Available in hard copy from Public Health Doncaster**Provides detailed advice on practical aspects of dealing with the aftermath of suicide and traumatic death, as well as information on the emotional and psychological impact of suicide and sources of help and support. |
| **Mind- Crisis Cafe** | **Email:** jane@doncastermind.org.uk | Service to commence from January 2019. The programme will offer counselling support to anyone in crisis on Thursday, Friday and Saturday nights from 7pm-11pm. |
| NHS Choices | <https://www.nhs.uk/conditions/suicide/> | Information from the National Health Service on conditions, treatments, local services and healthy living which includes signposting to support for people who are feeling suicidal or are affected by suicide. |
| **Open mind** | openminds@counsellingdoncater.com **Tel:** 01302 224564**Mobile:** 07765224564 | Talking Therapies for Adults and Children in Doncaster. |
| Papyrus | [www.papyrus-uk.org/](http://www.papyrus-uk.org/) **Tel:** 0800 068 41 41 | Helpline, text and email support for young people and parents.Also provide Suicide bereavement support for those who have been affected by a young person’s suicide and suicide prevention training for organisations. |
| **People Focussed Group**  | **Email:** kellypfg@gmail.com **Tel:** 01302 618507 | Peer support group based in Doncaster- people helping people – making everyone’s life better. |
| Samaritans | **Tel:** 116 123**Website:** [www.samaritans.org](http://www.samaritans.org)  | 24 hour telephone support, text messaging and email service and time limited drop in facilities available in branches. **Step by Step programme** for helping schools respond to suicides [www.samaritans.org/your-community/supporting-schools/step-step](http://www.samaritans.org/your-community/supporting-schools/step-step)  |
| Survivors of Bereavement by Suicide (SOBS) | **Website:** <http://uk-sobs.org.uk/> **Tel:** 0300 111 5065 | Over 18 service- 60 groups across the country. Self-help support groups and support line facilitated by people who have themselves been bereaved by suicide (Mon-Fri) |
| The Compassionate Friend (TCF) | **Website:** [www.tcf.org.uk/](http://www.tcf.org.uk/) **Tel:** 08451 232304  | Provides support and friendship to parents and families after the death of their son or daughter, at any age and from any cause. |
| **The Way Foundation (widowed and Young)** | **Website:** [www.widowedandyoung.org.uk/](http://www.widowedandyoung.org.uk/) **Tel:** 0300 012 4929 | WAY Widowed and Young support those who have been bereaved before their 51st birthday, regardless of gender, marital status, faith, type of bereavement including those with and without children. This is a peer to peer support network where the members are those who have lost a partner, husband or wife are given the opportunity to chat to each other in a safe environment and where meet-ups and holidays are organised. |
| Young Minds | **Tel:** 0808 802 5544**Website:** <https://youngminds.org.uk/>  | The helpline provides support and advice to parents and carers worried about emotional wellbeing or behaviour of young person in their care. |

**Apps**

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| **App name** | **Links** | **Details of support offered** |
| Grief Support App | <https://childbereavementuk.org/our-app/>  | Grief support app for young people (11-25) who have been bereaved of someone close to them The app has information about bereavement, grief, feelings and how to help. There are stories from people affected, including short films written and made by bereaved young people. The app is also useful for friends, teachers, parents and professionals who would like to know how to support bereaved young people.  |
|  Stay Alive |  <https://play.google.com/store/apps/details?id=uk.org.suicideprevention.stayalive&hl=en_GB>  | This app is a pocket 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. |