



Things may be difficult for you right now, and you may even feel that you have no hope. But things can change; you can get to a better place, and for that to happen you need to keep yourself alive. The resources in the red boxes below can help support you to do this.

**In a life-threatening situation, always dial 999. For out of hours support NHS 111 option 2.**

 **Get Emergency Support by SMS**

Text 'IMATTER' to 85258  
Text 'HOPE' to 88247 (under 35s)  
Local MH Text Service 07480 635 531 (M-F 9-5)

<https://giveusashout.org/about-us/about-shout/>  
<https://www.papyrus-uk.org/papyrus->

 **Mental Health Crisis – Emergency Contacts**

Mental Health No (24/7):	0800 448 0828
Papyrus Hopeline 247 (under 35s):	0800 068 41 41
CALM (5pm-12pm):	0800 58 58 58
SP-UK (6pm-12pm):	0800 689 5652
Samaritans:	116 123

 **Face-to-Face Crisis Support**

Drop into a Crisis Café run by a mental health professional and a MIND peer support worker.

<https://www.nhft.nhs.uk/crisis-cafe/venue/crisis-caf-northampton-410/>

**If you can, share your feelings with someone you trust and let them help keep you safe.**

**Suicide Prevention**

Things that distract or calm me: \_\_\_\_\_  
e.g. breathing exercises, take a walk, music

If I am struggling, I will call: \_\_\_\_\_ on: \_\_\_\_\_

My ideas for staying safe: \_\_\_\_\_  
e.g. reducing access to alcohol, reduce access to sharp objects, ask a trusted friend to look after medication

A safety plan is your personal plan to stay safe in a suicidal crisis. The below resources can help you to make a plan when you are not in a crisis.

<https://www.stayalive.app>  
<https://stayingSAFE.net>  
<https://www.thecalmzone.net>  
<https://www.papyrus-uk.org/suicide-safety-plan> (under 35s)

**Self-Harm Prevention**

Things that distract me: \_\_\_\_\_  
e.g. flick elastic on wrists, hold ice cubes, cold shower

If I am struggling, I will call: \_\_\_\_\_ on: \_\_\_\_\_

My ideas for comfort activities: \_\_\_\_\_  
e.g. draw or colour in, treat yourself, sing

The urge to self-harm can be overwhelming and powerful. But you are powerful too. Here are some ways you can take back control and fight the urge.

<https://calmharm.co.uk>  
<https://www.expertselfcare.com/distract>  
<https://www.oxfordhealth.nhs.uk/blueice>  
<https://www.papyrus-uk.org/self-harm> (under 35s)

# GREAT DREAM

## Ten keys to happier living

- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- AWARENESS**  Live life mindfully
- TRYING OUT**  Keep learning new things
- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTIONS**  Look for what's good
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger

ACTION FOR HAPPINESS

[www.actionforhappiness.org](http://www.actionforhappiness.org)

## Getting and Staying Well

Everybody is different and has their own personal journey to getting and staying well. Here are some resources that may help you on the road to recovery.

### Talking Therapies

Talking Therapy is a free, NHS service to help you manage mild to moderate stress, anxiety or depression. They offer individual or group sessions, either face-to-face, telephone, video, or online. They can arrange an interpreter and some therapists speak more than one language, if required.

<https://www.nhft.nhs.uk/talkingtherapies/>

[0300 999 1616](tel:03009991616)

### Northamptonshire Sport

Northamptonshire's leading charity supporting physical activity, health and wellbeing for the local population.

<https://www.northamptonshiresport.org/>

### Local Council Services

Local council websites detail support on housing, benefits and other local issues.

<https://www.westnorthants.gov.uk/>

<https://www.northnorthants.gov.uk/>

### Resource Directories

Websites with a directory of a wide range of community and healthcare services that can offer support with your mood and wellbeing.

<https://www.wellbeinglaunchpad.com/>

<https://hubofhope.co.uk>

### Action for Happiness

The free app supports daily habits and personal action to increase wellbeing with online and community groups and international expert seminars. Alternatively, you can develop your personal plan available to review on your phone.

<https://actionforhappiness.org/northants-hub>

<https://10daysofhappiness.org/>