

## Hampshire Safeguarding Adults Board – Mental Health and Suicide Helplines and Support Groups

The following are helplines and support networks for people to talk to, mostly listed on the [NHS Choices website](#)

---

- [Samaritans](#) (116 123)

Operates a 24-hour service available every day of the year. If you prefer to write down how you're feeling, or if you're worried about being overheard on the phone, you can email Samaritans at [jo@samaritans.org](mailto:jo@samaritans.org).

---

- [Childline](#) (0800 1111)

Runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

---

- [PAPYRUS](#) (0800 068 41 41)

This organisation supports teenagers and young adults who are feeling suicidal.

---

- [Mind](#) (0300 123 3393)

This is a charity providing advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

---

- [Students Against Depression](#)

This is a website for students who are depressed, have a low mood or are having suicidal thoughts.

---

- [Bullying UK](#)

This is a website for both children and adults affected by bullying.

---

- [Amparo](#)

Provides emotional and practical support for anyone who has been affected by a suicide. This includes dealing with police and coroners; helping with media enquiries;

preparing for and attending an inquest and helping to access other, appropriate, local support services. Call 0330 088 9255 or visit [www.amparo.org.uk](http://www.amparo.org.uk) for more details.

---

- [\*\*Hub of Hope\*\*](#)

This is the UK's most comprehensive national mental health support database. Download the free app, visit [hubofhope.co.uk](http://hubofhope.co.uk) or text HOPE to 85258 to find relevant services near you.

---

- [\*\*Young Persons Advisory Service\*\*](#)

Providing mental health and emotional wellbeing services for Liverpool's children, young people and families. tel: 0151 707 1025 email: [support@ypas.org.uk](mailto:support@ypas.org.uk)

---

- [\*\*Paul's Place\*\*](#)

Providing free counselling and group sessions to anyone living in Merseyside who has lost a family member or friend to suicide. Tel: 0151 226 0696 or email: [paulsplace@beaconcounsellingtrust.co.uk](mailto:paulsplace@beaconcounsellingtrust.co.uk)

---

- [\*\*The Martin Gallier Project\*\*](#)

Offering face to face support for individuals considering suicide and their families. Opening hours 9.30-16.30, 7 days a week. Tel: 0151 644 0294 email: [triage@gallierhouse.co.uk](mailto:triage@gallierhouse.co.uk)