**SUICIDE PREVENTION / BEREAVEMENT SERVICES**

**LOCAL SERVICES**

* **Survivors of Bereavement by Suicide (SOBS)** is a charity that offers support to adults bereaved by suicide, focusing on peer support. On their website, you can find details of local or virtual groups, phone or email support, an online forum and news and events.

**** <https://uksobs.com/how-we-can-help/>

* 0300 1115065
* **Amparo – Suicide Bereavement Service**

Amparo offers support for anyone affected by suicide in South Yorkshire. Amparo’s local Liaison Workers aim to make initial contact within 24 hours of a referral being made.

**** <https://amparo.org.uk/our-locations/south-yorkshire/>

 0330 088 9255

* **Mind** is a national charity with a branch in Barnsley, for people having difficulties with their mental health. They offer counselling, support groups and help to get back into work.

**** <https://www.mind.org.uk/>

 0300 102 1234

* **Samaritans of Barnsley** offers a listening service as well as confidential support and advice about emotional wellbeing and mental health.

**** <https://www.samaritans.org/>

 116 123 or 01226 244447

* **Local Place websites:**
* **Barnsley:** Live Well Barnsley

**** <https://www.livewellbarnsley.co.uk/>

* **Doncaster:** Donny Dot

 <https://www.donnydot.co.uk/suicide-prevention/>

* **Rotherham:** Be the One

 <https://www.be-the-one.co.uk/>

* **Sheffield:** Sheffield Suicide Support and Prevention

 <https://www.sheffieldsuicidesupport.co.uk>

* Text Steel to 85258
* **South Yorkshire Mental Health Hub** provides confidential 24/7 in-the-moment support and counselling sessions for **healthcare workers** for personal and work-related issues. Self-help resources are also available on the website.

 <https://sybhealthandwellbeinghub.yourcareeap.co.uk/>

* 0330 380 0658

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**NATIONAL SERVICES**

* **Campaign Against Living Miserably (CALM)** A suicide prevention charity on a mission to help people end their misery, not their lives. Preventing suicide since 2005.

**** <https://www.thecalmzone.net/>

 0800 585858

* **NHS 111** offers mental health advice online or by calling 111 free from landlines and mobiles. The [Every Mind Matters](https://www.nhs.uk/every-mind-matters/?WT.mc_id=MentalHealthGeneric&gclid=EAIaIQobChMIvNzXkO3D-gIVgsLtCh0qjwApEAAYASAAEgIhIfD_BwE&gclsrc=aw.ds) website also includes information about mental health issues and wellbeing tips.

**** <https://111.nhs.uk/>

 111

* **Papyrus (Prevention of Young Suicide)** has a confidential 24/7 hopeline providing support and practical advice available for those under the age of 35 who are having thoughts of suicide or for those who are concerned for a young person.

**** <https://www.papyrus-uk.org/>

* 0800 068 4141 or texting 88247.
* **Shout** is a confidential and free text messaging service that is available 24/7 for anyone who is feeling low, anxious, worried, lonely, overwhelmed, suicidal or not quite themselves. A Shout volunteer who will listen via text without judgment and can provide you with further resources or tools to help you get more expert support.

**** <https://giveusashout.org/>

* Text ‘Shout’ to 85258.

*Created for BEST website by BEST Lead Administrator*

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