

SERVICES DIRECTORY

Hertfordshire services to help with suicide prevention

www.theolliefoundation.org

EMERGENCY ACTION

If you are worried about your own, or someone else's suicidal feelings or thoughts, take the following action immediately:

For a life-threatening situation call 999

If you are feeling unable to cope, make an urgent appointment with your GP or call the Samaritans on 116 123.

Alternatively you can go to your nearest A&E Hospital or self-refer to The Wellbeing Service by calling 111.

CRISIS SUPPORT

Silent Solutions

For any emergency when you cannot talk, call 999 then press 55

The 999 emergency service has an additional service called **Silent Solutions** for times when you need emergency help, but cannot speak. The service works in the same way as calling 999. When the operator asks which emergency service you require, if you don't say anything they will ask you to cough or make another noise like a tap on the handset. If it's too risky to do this (for example, if you are hiding from an attacker), the operator will ask you to **dial 55**. This will then alert them to the fact that no, you haven't called 999 accidentally – and yes, you need urgent help. The system tracks your location using GPS and sends help.

Samaritans

FREE confidential support in a crisis 24/7.

Call FREE 116 123. Calls cannot be traced.

Childline

24/7 counselling service for children and young people.

T: 0800 1111

Help for Heroes Combat Stress

Crisis support for veterans struggling with depression.

T: 08001381619

JOCA (Just One Click Away)

24/7 support and a friendly ear, especially for men.

E: joca@welwynrfc.co.uk

MENTAL HEALTH SUPPORT

Hector's House

Hector took his life in April 2011 and in his memory Hector's House charity was established. It provides an informational resource should you, or someone you know, be having suicidal thoughts. **E: hihector@hectorshouse.org.uk www.hectorshouse.org.uk**

Herts Mind Network

A charity that creates opportunities for individuals to make choices, find their own solutions and manage their own wellbeing. **T: 020 3727 3600 www.hertsmindnetwork.org**

Maytree

Provides residential space for people experiencing a suicidal crisis.
T: 020 7236 7070 www.maytree.org.uk

SANE

Offers emotional support and information to anyone affected by mental health problems. It also provides an online support forum. **T: 0300 304 7000 www.sane.org.uk**

Mind in Mid Herts

A local charity with a positive and holistic approach to promoting mental wellbeing. It supports individuals aged 16+ who are suffering, or who have suffered from, mental and emotional distress. **T: 01727 865070 www.mindinmidherts.org.uk**

Herts Wellbeing Service

Offers FREE confidential talking therapy and practical support for Hertfordshire residents experiencing a wide range of mental health problems such as worry, low mood, insomnia and stress.

www.hpft.nhs.uk/services/community-services/wellbeing-service

Single Point of Access

Part of Hertfordshire Partnership University NHS Foundation Trust (HPFT), it screens referrals which come into Mental Health Services within Hertfordshire. The service is open 8am to 7.30pm daily and will direct your enquiry to the relevant service.

T: 0300 777 0707 www.hpft.nhs.uk/i-need-help-now

Kooth XenZone

An online provider of mental health services for children and young people registered with a GP in Herts. It provides online counselling and an emotional wellbeing platform accessible on mobile, tablet and desktop. It is FREE at the point of use. **www.kooth.com**

Samaritans

Available 24/7, every day of the year. Samaritans supports anyone who needs help in the UK and Republic of Ireland, working closely with schools, colleges, universities, workplaces, health and welfare services, homeless shelters, prisons and other charities. Samaritans also promotes awareness of OLLIE at local social venues, community events and music festivals.

T: 116 123 www.samaritans.org

Big White Wall

A 24/7 safe online community to share troubles. The community is guided by trained professionals. **www.bigwhitewall.com**

CALM – Campaign Against Living Miserably

A charity helping to prevent male suicide in the UK. They provide a helpline open daily between 5pm to midnight (365 days a year), a webchat service and advice if you are worried about someone. **www.thecalmzone.net**

Turning Point Complex Needs

Improves lives through support across a range of areas including mental health. For the full range of services visit **www.turning-point.co.uk**

PAPYRUS (Prevention of Young Suicide)

A charity that provides valuable support for young people up to the age of 35.

T: 0800 068 4141 www.papyrus-uk.org

YoungMinds

Offers a confidential helpline and support service for parents and carers worried about young people up to the age of 25.

T: 0808 802 5544

Youth Talk

Provides counselling for 13-25 year olds who live, work or go to school/college in St Albans.

T: 01727 868684

Elefriends

A supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard.

www.elefriends.org.uk

Hub Of Hope

The UK's biggest mental health database aims to bring together all of the mental health support available in the UK in one place.

www.hubofhope.co.uk

Stay Alive App

A free national suicide prevention pocket resource, packed full of information to help you stay safe. It offers help and support both to people with thoughts of suicide and to those concerned about someone. It's available on Google Play and the iTunes App Store.

SELF HARM

SelfharmUK

A project dedicated to supporting young people impacted by self-harm, providing a safe space to talk and discuss, get advice and help. There is also an online support group.

info@selfharm.co.uk **www.selfharm.co.uk**

Self-Injury Support

A national organisation that supports girls and women affected by self-injury or self-harm. It has a helpline and TESS text service for girls and young women up to 24 years old.

T: 0808 800 8088 **TESS Text: 0780 047 2908** **www.selfinjurysupport.org.uk**

Harmless

A user-led organisation providing a range of services including support, information, training and consultancy to people who self-harm, as well as their friends and families.

www.harmless.org.uk

LifeSIGNS

A user-led small charity creating understanding about self-injury and giving support and guidance to self-harmers, family and friends. **www.lifesigns.org.uk**

The Mix

UK based charity providing FREE confidential support for young people under the age of 25.

www.themix.org.uk/mental-health/self-harm **T: 0808 808 4994**

National Self Harm Network (NSHN)

Survivor-led monitored forum for people who self-harm and their friends and families.

www.nshn.co.uk

CHILDREN AND YOUNG ADULTS SIGNPOSTING APPS

Apps are not to be used instead of professional support, but as an addition. They can help you effectively manage your own general wellbeing and mental health.

PACIFICA

Daily tools for stress, anxiety and depression alongside a supportive community. Based on cognitive behavioural therapy and mindfulness meditation.

Available on iOS, Android and Web

SAMAPP: APPS FOR ANXIETY

SAM is an application to help you understand and manage anxiety.

Available on iOS and Android

CALM

The #1 App for Mindfulness and Meditation.

Available on iOS, Android and Web

What's Up? Anxiety App

This app uses CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more.

Available on iOS and Android

Thrive: Feel Stress Free

When logged in you can access information and tips to help you relieve stress and anxiety. There are tabs for meditation, deep relaxation, self-hypnosis and more.

Available on iOS and Android

Breathe2Relax

The relaxation app trains you on the “belly breathing” technique that has proven benefits for your overall mental health.

Available on iOS and Android

Recovery Record: RE Eating Disorder Management

This highly rated app draws on cognitive behavioural therapy and self-monitoring methods to help manage eating disorders. Users can keep a food journal, make meal plans, and learn coping methods.

Available on iOS and Android

Daylio

A micro-diary app that allows you to keep a track of your moods without having to write down your feelings. It’s a simple and quick way to keep tabs on your feelings.

Available on Android

TalkLife

TalkLife is an online community for people looking for mental health support. You can post and chat with others to get support as well as offering support back. The network is clinically governed and takes safeguarding very seriously.

Available on iOS and Android

MoodMission

An app that will empower you to overcome low moods and anxiety by discovering new and better ways of coping. When stress and anxiety are high, tell MoodMission how you’re feeling and it will give you a tailored list of simple, quick, effective, evidence-based ‘missions’ to improve your mood.

Available on iOS and Android

LEARNING

Connecting With People

Provides resources and training on building emotional resilience at work and awareness courses on self-harm, suicide and suicide prevention.

www.connectingwithpeople.org

Mind Ed

A free online educational and informational resource on children's and young people's mental health for parents and professional adults.

www.minded.org.uk

Mind In Mid Herts

Offers a range of courses on life skills such as coping with anxiety, stress, low self-esteem and depression for those aged 16+.

T: 01727 865070 www.mindinmidherts.org.uk

U Can Cope

Provides film and online resources designed for people in distress and those supporting them.

www.connectingwithpeople.org/ucancope

YC Hertfordshire (part of Herts County Council)

Provides a range of educational programmes for teens as well as targeted services for young people including care leavers, young parents and LGBTQ teens.

www.youthconnexions-hertfordshire.org

www.mogolistings.org

BEREAVEMENT

Cruse Bereavement Care Hertfordshire

Promotes the wellbeing of bereaved people and enables anyone suffering bereavement to understand their grief and cope with their loss. There is a 24-hour answerphone facility to leave an out of hours message in confidence.

Adult Helpline: 01707 278389

Young Persons Helpline: 01707 264293

www.cruse-hertfordshire.org.uk

SOBS (Survivors Of Bereavement By Suicide)

The only national charity providing dedicated support to adults who have been bereaved by suicide. The charity is run by 150 volunteers, nearly all have been touched by suicide which enables them to directly connect with others experiencing bereavement by suicide.

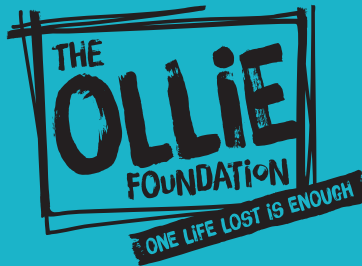
www.uk-sobs.org.uk

National helpline: 0300 111 5065

Help Is At Hand

An NHS resource for those bereaved by suicide, or apparent suicide, which includes a detailed advice booklet.

www.supportaftersuicide.org.uk/help-is-at-hand



OLLIE was founded by three parents who all lost their children to suicide. Stuart, Chris and Jane decided they wanted to do everything they could to ensure that no other parent would endure what they've had to and registered the charity in May 2016.

OLLIE stands for "One Life Lost Is Enough" and our charitable aim is to deliver suicide awareness, intervention and prevention training by empowering professionals and young adults in their own communities to lead suicide prevention activities. It is widely accepted in society that with appropriate support and education, suicide can be prevented.

Since starting out on its journey, OLLIE has made huge strides. The momentum gained has been astonishing, not only through the generosity of those who have contributed to our success through fundraising and donations, but those who have attended our suicide intervention training and awareness workshops.

If we are to increase the awareness of suicide and help prevent young people from feeling this is the only option left for them, we urgently need your support.

To make a donation, please go to www.givey.com/theolliefound

If you can help us fundraise, please email contactus@theolliefoundation.org

www.theolliefoundation.org