

Somerset Help is at Hand

Call 999 if you need an emergency response

Call NHS 111 if you need rapid assistance but it is not an emergency

Bridge (24 hrs)
Recent sexual assault 0117 342 69 99

ChildLine 0800 11 11

Combat Stress (24 hrs)
Support for ex-veterans 0800 138 16 19

FCN - Supporting Farming Families 0845 367 99 90
07:00 - 23:00 (365 days)

GP Out of Hours Service 111

Local domestic violence helpline 0800 694 999
(24 hrs)

Mindline Somerset 01823 276 892
Weds, Fri, Sat, Sun 20:00 - 00:00

Somerset and Avon Rape and Sexual Assault Support Helpline 0808 801 0456

Papyrus 0800 068 41 41
*Prevention of young suicide
(Variable hours over 7 days)*

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If you suspect someone may be feeling suicidal,
ask them - it could save their life

Ask if they are thinking about suicide

You may feel frightened to bring up the subject of suicide in case you think it will put the idea in their head. This is not true. Don't hesitate to raise the subject. Be direct in a caring and supportive way.

Listen and show you care

Let the person talk about their feelings and listen carefully to what they have to say. Don't judge them and try to understand why they are feeling this way. Let them know you care.

Encourage them to get help and support them to do so

Asking and listening are the first steps in developing a sense of hope. Now is the time to move forward and get help to keep the person safe. You may feel out of your depth, but others can help. Encourage them to contact their GP, or call the Samaritans with whom they can talk confidentially.

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Right now

If they intend to carry out a suicide plan immediately, don't leave them alone. Get help. Phone a doctor, a crisis support service or one of the helplines overleaf. If they are about to act, or have already, call 999.

Tell someone

Never promise secrecy. Dealing with suicide can be difficult and you can't do it alone. Find someone to talk to about your feelings.

If you are concerned about your own or someone else's mental health, your GP can discuss a referral to mental health services. In an emergency after 17:00, contact NHS 111.

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Samaritans - 24 hrs 08457 909090

Taunton - accepts calls across Somerset 01823 288 998

*Walk in and talk to someone: 16 Wood Street,
Taunton 09:00 - 21:00*

Yeovil - accepts calls across Somerset 01935 476 455

*Walk in and talk to someone: 25 The Park, Yeovil
10:00 - 20:00*

Somerset County Council

Somerset Direct (working hours)

Community Services for Children: 0845 345 9122

Community Services for Adults: 0845 345 9133

Emergency Duty Team (out of hours) 01458 253 241

All emergency social service enquiries for adults and children

Weekdays: 17:00 - 08:30

Weekends: 16:30 Fri - 08:30 Mon

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