

Information and resources for preventing suicide and self harm

Organisations / websites

Papyrus	https://www.papyrus-uk.org/
MIND	https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/
Young Minds	https://www.youngminds.org.uk/young-person/my-feelings/suicidal-feelings/
NSPPCC	https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/

Telephone / text helplines

- [Samaritans](#) [116 123](tel:116123)
- Papyrus (for young people): 0800 068 41 41 Text: 07860039967
- [HOPELINEUK](#) [0800 068 4141](tel:08000684141)
- Text YM to [YoungMind's Textline](#) [85258](tel:85258).

Local mental health support services in Haringey

- **Mind in Haringey** – charity with a range of services to support mental health <https://www.mindinharingey.org.uk/> 0208 340 2474
- **Haringey Choices** (NHS CAHMS service – for children up to age 17) <https://www.haringeychoices.org/>
- **Open Door** – charity offering therapy for young people aged 12 to 25, and for parents of teenagers <https://opendooronline.org/> 0208 348 5947

Help in an emergency

999 If someone is at serious risk of death or injury call 999 or go to A&E at hospital

NHS Mental Health Crisis Resolution and Home Treatment Team - Haringey
Can be called 24 hours a day to arrange a visit and assessment, or admission to hospital if necessary

0208 702 6700

CAHMS emergency line (for children up to 17) **0800 151 0023** 24hrs

Safe Haven Crisis Support Line **0800 953 0223** (5pm-8pm daily)

<https://www.mindinharingey.org.uk/our-services/safe-haven-crisis-hub/>

Maytree **0207 263 7070**

Maytree can offer three days of respite care in a safe place for people who are suicidal. Based in Finsbury Park

Samaritans Call: 116 123 or email: jo@samaritans.org