

#weareNHFT



Northamptonshire Healthcare
NHS Foundation Trust

PROTECT CARD


Suicide awareness. Create hope through action to save a life.

Please note: NHFT are not responsible for services which are not part of the Trust.


THE 24-HOUR MENTAL HEALTH NUMBER NORTHAMPTONSHIRE

 0800 448 0828

THE SAMARITANS

 116 123 24 hours
7 days a
week

HOPE LINE UK

 0800 068 4141

9am – midnight every
day of the year
(weekends and bank
holidays included)

**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

USEFUL SELF HELP APPS (AVAILABLE ON APPLE STORE AND GOOGLE PLAY)



StayAlive



What's UP



Mind Shift



MoodTools



InHand

USEFUL WEBSITES

NHFT:

Crisis Cafes

www.nhft.nhs.uk/crisis-cafe

Suicide Prevention

www.nhft.nhs.uk/suicide-prevention

Get trained up
in 20 minutes!

zerosuicidealliance.com/training

www.thecalmzone.net

harmless.org.uk

prevent-suicide.org.uk