#weareNHFT

NHS
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

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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