**Clinical Psychology**

Guidance and resources for adults

**What should I do if I feel unsafe?**

This leaflet signposts you to information and resources that can support you if you are experiencing thoughts of harming yourself.

**Keeping safe at home**

When you’re having thoughts or feelings that are difficult to manage, it can be helpful to distract yourself. Try to make time to do an activity that you enjoy or find comforting. Take it one hour at a time. If you need help thinking of things to do, or if coming up with a plan feels too overwhelming, you can also try one of the apps or webpages below.

***Calm Harm app***

Calm Harm is an app designed to help people cope with thoughts of self-harm and suicide. It will walk you through different activities for 5-15 minutes to help you “ride the wave” and ease the thoughts of suicide and/or self-harm. You can use it for as long as it takes for the feeling to pass.

***Making a safety plan***

<https://stayingsafe.net/>

This webpage supports you to create a safety plan to help you stay safe from suicide/self-harm. Once you have created one, you can refer back to it when you are struggling.

***Stay Alive app***

Stay Alive is an app that provides useful information and resources to help you stay safe. This includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.

***Little Book of Coping skills***



This is a link to a booklet of coping skills that can help more generally with your mood and wellbeing. It was produced by the mental health helpline, Shout

**Accessing support**

You don’t have to struggle alone. If you feel able to, reach out to a trusted friend or family member. We realise this isn’t always easy to do. You may find that it helps to write down what you want to say beforehand.

Professional help and support is also available. We would usually suggest speaking to your GP about this. If you’re not sure what to tell the GP, you could try following the advice in Mind’s ‘Find the Words’ guide (which you can access online, or by scanning the QR code on the left).

You can also access one of the services listed on the next page:

**NHS Talking Therapies**

NHS Talking Therapies provide a range of support for people struggling with their mental health. Their services include: 1:1 support, guided self-help, online workshops, relationship counselling, perinatal support, and social groups. You can either self-refer by calling the team on **0300 123 1503**, or by completing the form on their website: [www.wellbeingnands.co.uk/](https://www.wellbeingnands.co.uk/)

**REST**

REST provide walk-in 1:1 and group-based support in a non-clinical environment. Their daytime wellbeing hub is open from 10am to 5:30pm, but they also provide an ‘Evening Sanctuary’ to support individuals in crisis. Visit their website to find out more: [www.restnorwich.co.uk/](http://www.restnorwich.co.uk/)

**Steam House Cafes**

Like REST, Steam House Cafes provide 1:1 and group-based support to adults experiencing a mental health crisis. Cafes are open on a drop-in basis during the day, and evening support is also available via appointment. Visit their website to find out more: [www.steamhousecafes.co.uk](http://www.steamhousecafes.co.uk)

**Helplines and contact numbers**

If you are struggling and would like to speak to someone right now, you can also try contacting one of the helplines below. These services are free and are available out-of-hours, day or night. Some offer support over text or email, if you don’t like talking on the phone.

***First Response***

*Available 24 hours a day, 7 days a week.*

Contact: **call 111** and choose **option 2.**

First Response is a free telephone helpline for people of all ages in Norfolk and Suffolk who need urgent mental health support.

***Samaritans***

*Available 24 hours a day, 7 days a week.*

Contact: call **116 123** or email jo@samaritans.org

The Samaritans are there for anyone who needs someone to talk to. It is free to call them, and they also have an email service (although it will take longer to receive a response via email).

***Shout***

*Available 24 hours a day, 7 days a week.*

Contact: text ‘Shout’ to **85258**

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Texting SHOUT to 85258 starts a conversation with a trained volunteer.

**Getting help in a crisis**

If you feel unable to keep yourself safe, it is important that you seek urgent professional advice. We would suggest you contact your GP and request an **emergency GP appointment**.

If it is out-of-hours and the GP is unavailable, you can also contact Norfolk and Suffolk’s mental health crisis line by **dialling 111** and selecting **option 2**.

If you are at risk of imminent harm and/or have seriously hurt yourself, you need to seek medical help immediately. In these cases, you should go to your nearest **Emergency Department (ED)** or **dial 999**.