

CHAT TO US

ABOUT LOW MOOD/ SUICIDAL THOUGHTS

LOCAL SUPPORT

HAVERING SAMARITANS

Service: Samaritans provides confidential, non-judgmental, emotional support, 24 hours a day for people who are experiencing feelings of distress or despair - by calling 116-123. Whatever you're going through, whether it's big or small, don't bottle it up. If you're worried about something, feel upset or confused, or just want to talk to someone, then get in touch with the Samaritans.

Go to: 107 North Street, Romford. Essex RM1 1ER (Mon-Fri 9-5)

Website: <https://www.samaritans.org/branches/romford/>

Follow: @rm12sams

HAVERING MIND

Service: Havering Mind is here to support you or someone you know experiencing mental health issues and our experienced team are available to have a preliminary discussion with you on the best individual avenues of support for you right now

Email: help@haveringmind.org.uk

Chat on the phone: 01708 457040

MENTAL HEALTH DIRECT

Service: For 24/7 crisis services for people who live in Havering, Barking and Dagenham, Redbridge, Waltham Forest

Chat to someone: 0300 555 1000



Directory of helplines for
residents of Romford and the
surrounding areas

CHAT TO US

ABOUT SAFETY PLANNING

A safety plan is a practical tool that includes what you would do and who might support you should you ever experience a mental health crisis. The best safety plans are written before a person reaches this point.

I know I'm triggered when I notice:







Some ways to distract myself are:







Some supportive people I can call are:







Some ways to keep myself safe include:







Some further numbers I can call/text are:

Samaritans: 116-123

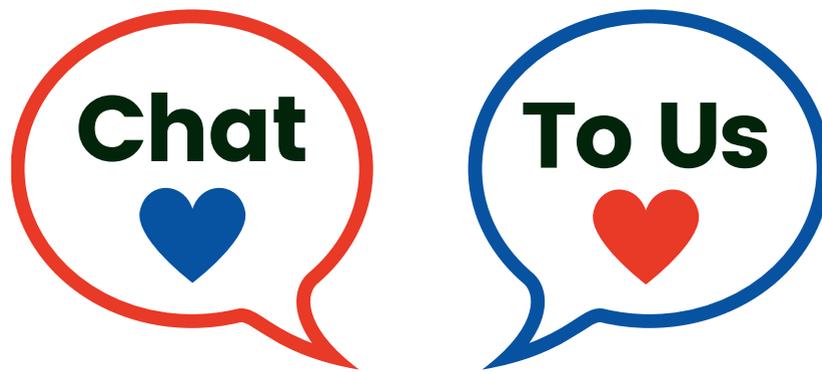
Shout: Text SHOUT to 85258

My local crisis line: 0300 555 1000

**(if in Havering, Barking & Dagenham
Redbridge, Waltham Forest)**



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Help to change a life. All it takes is a chat!

Everyone needs social connections to survive and thrive. But people often find themselves spending time alone.

Being alone may leave people more vulnerable to loneliness and social isolation, which can affect their health and well-being.

Furthermore, evidence shows that having conversations with people who may be experiencing thoughts of suicide can give them the opportunity to express how they are feeling, and the person they are talking to the opportunity to get them help.

This is why we think it is so important to not only chat to the organisations or services that are listed, but to each other.

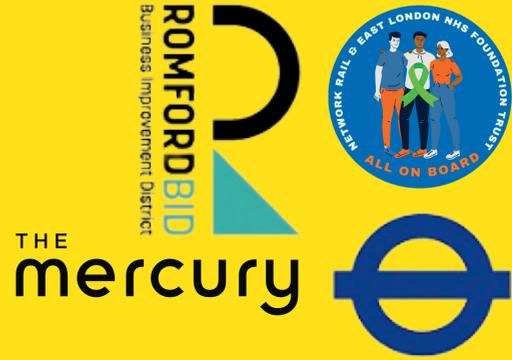
Remember, chit chat can change a life - it might just help you to save one.



**Romford Suicide
prevention campaign**



a campaign in partnership with:



Romford Suicide prevention campaign