

Survivors of Suicide

01273 709060 E sos.mendos@rethink.org

Survivors of Bereavement by Suicide (SOBS)

0300 111 5065 or E sobs.brighton@gmail.com

Brighton & Hove Cruse Bereavement Care

01273 234007 E brighton@cruse.org.uk

Support after Suicide

www.supportaftersuicide.org.uk

5919

Mental health crisis contacts



If you are suffering a mental health crisis, thinking about suicide or have been affected by suicide, there is help and support out there, please make contact:

Mental Health Rapid Response Service

24/7 support for anyone at risk to themselves or others or considering attending A&E **0300 304 0078**

For medical support NHS Direct on **111** or your GP

Sussex Mental Health Line 0300 5000 101

Samaritans Freephone **116 123**

E jo@samaritans.org

Mind in Brighton & Hove 01273 666950 or

www.mindcharity.co.uk/info

#StayAlive app - www.prevent-suicide.org.uk