

The background of the page is a grayscale photograph of water with gentle ripples. The ripples are more pronounced in the upper half and fade into a darker, smoother area towards the bottom. The text is centered horizontally in the middle of the page.

Resources document

*You might find these resources helpful, alongside seeking assistance locally.*

*To search your location, please visit Find a Helpline:*

*<https://findahelpline.com/>*

*UK:*

Shout (text help line) – <https://giveusashout.org/>

National Suicide Prevention Helpline UK - <https://www.spuk.org.uk/national-suicide-prevention-helpline-uk/>

SOS Silence of Suicide – <https://sossilenceofsuicide.org/>

SANEline – <https://www.sane.org.uk/how-we-help/emotional-support/saneline-services>

*United States:*

988 Suicide & Crisis Lifeline – <https://988lifeline.org/>

Crisis Text Line – <https://www.crisistextline.org/>

Trevor Lifeline – <https://www.thetrevorproject.org/>