



Supporting Suicide Prevention in the Workplace

Helplines and resources to accompany the 90-minute virtual session with Chris Clark, In Equilibrium

For immediate support in an emergency please call 999

Samaritans

If you, or someone you know, needs confidential emotional support for feelings of distress, despair or suicidal thoughts, please contact Samaritans on 116 123 or jo@samaritans.org. Samaritans is open 24 hours a day, 7 days a week.

Shout

Text 'Shout' to 85258 available 24 hours a day, 7 days a week. Shout is the UK's first and only free, confidential text messaging support service for anyone who is struggling to cope.

Hub of Hope

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

Resources and further reading

Please visit our website to access resources relating to mental health and wellbeing at work:

<https://www.in-equilibrium.co.uk/mental-health-awareness-resources/>
<https://www.in-equilibrium.co.uk/wellbeing-at-work-resource-overview-page/>

In Equilibrium Quarterly Newsletter

Our quarterly newsletter contains expert tips and articles on how to boost health and wellbeing, reduce stress, and improve performance, in addition to links to relevant training courses. You can review our latest newsletter here:

<https://www.in-equilibrium.co.uk/autumn-2023-newsletter-includes-tips-for-stress-awareness-week/>

To subscribe, go to: <https://in-equilibrium.co.uk/subscribe/> or email training@in-equilibrium.co.uk