

#weareNHFT



Northamptonshire Healthcare  
NHS Foundation Trust

# PROTECT CARD

Suicide awareness.

Sharing responsibility for keeping safe.

Please note: NHFT are not responsible for services which are not part of the Trust.

## CRISIS TELEPHONE SUPPORT SERVICE - NORTHAMPTONSHIRE:

 0800 917 0464

### THE SAMARITANS

 116 123 24 hours  
7 days a week

### HOPE LINE UK

 0800 068 4141

Mon - Fri  
10am to 5pm  
7pm to 10pm

Sat - Sun  
2pm to 5pm

MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU

## USEFUL SELF HELP APPS (AVAILABLE ON APPLE STORE AND GOOGLE PLAY)



StayAlive



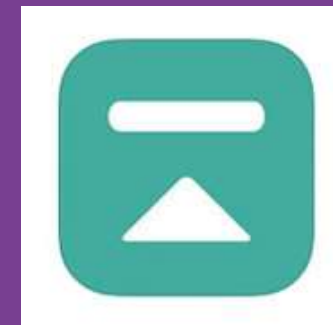
What's UP



Mind Shift



MoodTools



InHand

## USEFUL WEBSITES

### NHFT:

Crisis Cafes

[www.nhft.nhs.uk/crisis-cafes](http://www.nhft.nhs.uk/crisis-cafes)

Suicide Prevention

[www.nhft.nhs.uk/suicide-prevention](http://www.nhft.nhs.uk/suicide-prevention)

[zerosuicidealliance.com/training](http://zerosuicidealliance.com/training)

[thecalmzone.org.uk](http://thecalmzone.org.uk)

[harmless.org.uk](http://harmless.org.uk)

[prevent-suicide.org.uk](http://prevent-suicide.org.uk)

Get trained up  
in 20 minutes!