

# FREEPHONE 24/7 HELPLINE



Freephone

# 0808 808 8000

[www.heads-away-just-say.com](http://www.heads-away-just-say.com)



Opportunity Youth Contact Youth

**CONTACT YOUTH / OPPORTUNITY YOUTH**

**24/7**

**SUICIDE PREVENTION**

**TELEPHONE HELPLINE**

**0808 808 8000**

**24/7 Helpline Offers Access To:**

- A qualified counsellor 24 hours a day, 7 days a week
- Fully trained peer mentors 24 hours a day, 7 days a week
- Face to face counselling for young people close to home
- Needs based interventions using a peer mentoring model
- Emergency services where appropriate
- Therapeutic groupwork for young people at risk
- Therapeutic groupwork programme for parents/carers of young people at risk
- Advice, information and signposting

**Rapid responses you can expect:**

- Follow-up telephone contact within 12 hours
- Assessment within 24 hours
- Engagement with peer mentor if required
- Home visits by peer mentoring service
- Support for young people and those concerned for young people

**How to access this service? We accept direct referrals by:**

- Young People
- Parents/Carers
- Teachers/Youth Workers/Clergy
- G.P.'s/Social Services/Accident & Emergency Services
- Training Organisations/Schools
- Anyone in contact with young people in need

**IF YOU HAVE CONCERNS ABOUT YOURSELF,  
A FRIEND/FAMILY MEMBER OR ANYONE IN YOUR COMMUNITY...  
DO NOT HESITATE TO RING THE 24/7 HELPLINE 0808 808 8000**