

**If you are feeling suicidal, the best thing is to talk.
Speak to someone you can trust or call a helpline.**

If you need help now, call 999. **Don't try to cope alone.**

- **The Neuk 07916 292603** support@theneuk.org

Mental Health Crisis & Suicide Prevention Centre, please visit [Find Help at The Neuk:](#)

Crisis Support & Guidance

18 St Pauls Square, Perth, PH1 5QW

7 days a week, 9:00 AM – 9:00 PM

Outside of opening hours, our answering service is available. Any messages left will be picked up the next day as a priority.

peer-led, non-clinical mental health and suicide prevention centre based in Perth. We provide a safe space for individuals in crisis, offering compassionate support and access to resources to help navigate life's challenges. Our peer-led approach means that our team has lived experience and understands the challenges

- Samaritans: 116 123

Samaritans are available 24 hours a day.

Call free 116 123 or email: jo@samaritans.org

<https://www.samaritans.org/branches/dundee/>

- **NHS 24: 111**

- **#itsokaytotalk** - especially men

<https://www.thecalmzone.net/itsokaytotalk/>

5PM - MIDNIGHT 0800 58 58 58

- Breathing Space: 0800 83 85 87

Breathing Space <http://breathingspace.scot> is a free and confidential phone line

- Text **SHOUT** to 85258 anytime, anywhere service for anyone in Scotland who is experiencing low mood or depression and needs someone to talk to. Call 0800 83 85 87. delivered by NHS

- [It's Time to Talk About It](#) gives advice from **The Mental Health Foundation** including ten tips we can all take to thrive. <https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/suicidal-thoughts>

