



Suicide Prevention Resources

Emergency Help

- If you or another student are at immediate risk of taking their own life or has taken action to harm themselves, call 999 immediately.
- For urgent mental-health crisis (24/7): **NHS 111 Option 2**.
- **LSE Campus Security (Emergency Line):**
Call **020 7955 6555** – [Security services](#).

Apps and Online Tools

- **Stay With Us – Westminster City Council:** Suicide prevention information, helplines and local pathways for both adults and young people.
[Stay with us: preventing suicide together | Westminster City Council](#).
- **RBKC Suicide Prevention Hub:** Local suicide-prevention resources, safety planning tools, and training information.
[Suicide prevention | Royal Borough of Kensington and Chelsea](#).
- **The Listening Place:** Free, confidential, long-term face-to-face listening support for people experiencing suicidal thoughts.
[Home - The Listening Place](#).
- **Kooth:** Online support and forums for 11–24 year olds – [Home - Kooth](#).
- **Together All:** A safe online community to talk about mental health 24/7 – [Togetherall](#).

National Helplines

- **Samaritans:** 116 123 (24/7, free),
[Samaritans | Here to listen](#).
- **Shout:** Text **SHOUT** to **85258**
(24/7 crisis text service)
[Shout: The UK's free, confidential, 24/7 mental health text service](#).
- **PAPYRUS HOPELINE247:** Call – **0800 068 4141** | Text **HOPE** to **88247**. For under-35s and anyone concerned about a young person. [HOPELINE247 | Papyrus](#).
- **CALM (Campaign Against Living Miserably)** – Call: **0800 58 58 58**. Support for men and anyone in crisis. [Suicide Prevention Charity | Campaign Against Living Miserably](#).

Self-Help Guides and Other Resources

- **PAPYRUS Distraction Techniques:** [Distraction Techniques](#).
- **Hub of Hope:** [Hub of Hope](#) - National directory to find local support.
- **MIND:** [Tips for coping with suicidal thoughts | self-care | Mind](#).
- **LSE Campus Security (Non-Emergency Line):**
Call **020 7955 6200**.
- **LSE Cause For Concern Form:** [Cause for Concern](#) –
If you are concerned about a student's wellbeing or safety, please complete the Cause for Concern form.