

St Stephen's Church, Canonbury Rd, N1 2DF. Tel 020 8616 5505
Important Telephone Numbers: Safeguarding children, young people and
vulnerable adults

In an emergency, especially if someone is in immediate danger of harm, you should always call 999 straight away and ask for the police and/or ambulance	
Police (non-emergency) 101	101 NHS (non-emergency) 111
CHILDLINE	0800 1111
FAMILY LIVES (previously Parentline Plus) 9 – 9 M- F; 10 – 3 weekends	0808 800 2222 askus@familylives.org.uk www.familylives.org.uk – live chat
National Domestic Violence Helpline	0808 2000 247 (24 hr)
Samaritans (24hr free phone)	116 123
Silverline – 24hr free helpline for older people	0800 44 70 80 90
National LGBTQIA+ Support Line	0800 0119 100 (10:00 – 22:00)
Children – Islington Social Care	020 7527 7400 (diverts to emergency duty team out of hours) csctreferrals@islington.gov.uk
Adults – Islington Access Service	020 7527 2299 (M – F, 9 - 5, non-urgent) access.service@islington.gov.uk
Local Emergency Social Work Team	020 7226 0992 (> 5p.m.)
Thirtyone:eight – independent charity providing helpline for Diocese of London churches and projects	0303 003 1111 (M – F, 9 - 5, non-urgent; 7/7 out of hours, urgent)

London Diocesan Safeguarding Advisor	020 7932 1224 safeguarding@london.anglican.org
St Stephen's Canonbury Safeguarding Officer	Safeguarding@ststephenscanonbury.org.uk



Are you having suicidal thoughts?

[Are you having suicidal thoughts? | North London Mental Health Partnership](#)

If you are feeling suicidal, there are people you can talk to who want to help:

- ask a friend, family member or someone you trust
- call the [Samaritans](#) 24-hour support service on **116 123**
- contact [NHS 111](#)
- if you are a young person you can call [Childline](#) 24-hour support on **0800 1111**
- make an urgent appointment to see your GP
- if you don't feel able to keep yourself safe right now, **call 999 or go to A&E**

Other support

[The Listening Place](#) offers free face to face ongoing support, by appointment, for those who feel life is no longer worth living. They see visitors at locations in Bloomsbury, as well as Pimlico and Hammersmith. You can self refer [here](#) or call 020 3906 7676.

[James' Place](#) offer free face to face support, advice and help for men who are experiencing a suicidal crisis. You can self-refer or ask your GP or mental health practitioner to refer you. They are located near Old Street/Moorgate. Visit www.jamesplace.org.uk or call 020 3488 8404

Suicide Prevention Resources

Andy's Man Club

Andy's Man Club is a men's suicide prevention charity, offering free to attend peer support groups across the UK and online. In London there are currently Andy's Man Clubs in Hendon (Barnet) and Euston (Camden). Details are on the website.

Visit: www.andysmanclub.co.uk

Campaign Against Living Miserably

Campaign Against Living Miserably (CALM) leads a movement against male suicide, the single biggest killer of men under 45 in the UK.

- **Call:** 0800 58 58 58
- **Visit:** www.thecalmzone.net

PAPYRUS prevention of young suicide

PAPYRUS is dedicated to the prevention of young suicide. PAPYRUS offers a free, confidential helpline for children and young people (up to the age of 35) who are experiencing thoughts of suicide, or anyone who has concerns that a young person is thinking about suicide. Its website also provides a range of useful and child friendly resources, advice and information.

- **Call:** 0800 068 41 41
- **Visit:** papyrus-uk.org
- **Text:** 07860 039 967
- **Email:** pat@papyrus-uk.org

Stay Alive app and Grassroots Suicide Prevention

The Stay Alive app is a suicide prevention resource with useful information and tools to help you stay safe in crisis. It can be used if you are having thoughts of suicide, or if you are concerned about someone else who may be considering suicide.

- **Visit:** www.prevent-suicide.org.uk/find-help-now/stay-alive-app

The app has been developed by Grassroots Suicide Prevention. They help to create safe spaces in communities for lifesaving conversations about suicide, and support people to develop the skills and confidence needed to save lives.

- **Visit:** www.prevent-suicide.org.uk

Zero Suicide Alliance (ZSA)

The ZSA provide free, online suicide prevention training with downloadable booklets that can support you with the skills and confidence you need to start talking about suicide. Visit: www.zerosuicidealliance.com