SAMARITANS

Sign posting and support

There may be someone in your life you're worried about. Someone in chat might post something concerning or let you know they're struggling, or friends and family might be having a tough time. Signposting helps you direct them to the source of support.

This could be mentioned live on stream, a pinned post in your Discord, or a chat command your community can access on demand. Or something you mention in conversation with a loved one.

Sign posting messages:

- Whatever you're facing, Samaritans are there to listen - day or night 365 days a year in the UK and ROI. You can call them free on 116 123, email them at jo@samaritans.org or visit www.samaritans.org.

- For anyone living outside of the UK and ROI, you can find support services in your local area via Befrienders Worldwide's international search engine: www.befrienders.org/directory?country=.

Other support available

- If you're thinking about talking about suicide, mental health or emotional wellbeing online, we've got some guidance on how to do that safely and sensitively here: https://www.samaritans.org/about-samaritans/research-policy/internet-suicide/how-talk-about-suicide-safely-online

- If you're trying to support someone you think is struggling online, you can find guidance here: https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/how-support-someone-youre-worried-about/supporting-someone-online

- If you or someone you care about isn't looking for immediate support, but would like to work on your day-to-day wellbeing, we've created Samaritans Self-Help to provide a type of support that you can use without having to discuss your feelings with someone else. You can find out more about self-help here: https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help

- If you're struggling and looking for guidance there's support on our website here: https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time

- If you're worried about someone else, you can find guidance here: https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else

- If you or a loved one has been bereaved by suicide you can find specialist support and advice here: https://supportaftersuicide.org.uk