

Resources and references to support my talk on Mental Health and Suicide Prevention at the Agroforestry Symposium

If you have found this information because you are looking for support for you or someone you care about -thank you – seeking help when you need it is exactly the right thing to do.

Support after a suicide

<https://supportaftersuicide.org.uk/>

Grassroots Suicide Prevention (UK)

<https://www.prevent-suicide.org.uk/find-help-now/>

Papyrus – Prevention of Young Suicide (UK)

<https://www.papyrus-uk.org/>

Online resources – read this first

<https://www.metanoia.org/suicide/>

International association of Suicide Prevention (worldwide)

<https://www.iasp.info/>

Find a Suicide Prevention helpline (Worldwide)

https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines

<https://www.therapyroute.com/article/helplines-suicide-hotlines-and-crisis-lines-from-around-the-world>

Information/references for suicide statistics

<https://www.samaritans.org/about-samaritans/research-policy/suicide-facts-and-figures/>

<https://mhfaengland.org/mhfa-centre/research-and-evaluation/mental-health-statistics/>