

## Stay Alive

Suicide prevention app for patients to keep on their smartphones

Available for iPhone and Android, free to download.

Direct access to local help for patients.

Local content developed by Suffolk User Forum

Use this to help your patients develop a safety plan, that is always with them on their phone

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



Ipswich and East Suffolk  
Clinical Commissioning Group

**Thinking about suicide?  
Worried about someone?**

# STAY ALIVE

Download the award-winning #StayAlive app. It's free and can help you and others stay safe from suicide.

- Crisis Support**  
Quick access to UK national and local crisis support
- Staying Safe From Suicide**  
Steps to take when you are feeling suicidal, or you are concerned about someone else
- LifeBox**  
A place to store life-affirming photos
- Safety Plan**  
A mini-safety plan that can be filled out by anyone thinking about suicide

"I have used Stay Alive with volunteers and service users across the UK and the feedback is consistently positive. People have used it when in crisis and say it is literally life-saving."

Funded and supported by:  
Ipswich and East Suffolk CCC,  
West Suffolk CCG  
and Norfolk and Suffolk NHS  
Foundation Trust

GRASSROOTS  
preventing suicide together

Available on Google Play and the App Store. PATIENT SAFETY AWARDS WINNER.

## Living Life To The Full

Effective self-help for Anxiety and Depression, a great life skills course for everyone

Guided self-help, using these materials, guided via Wellbeing Service if patients wish, or they can use on their own, receiving email prompts if they wish.

Modules, and e-books, available on sleep, anger, relationships, smoking, drinking, panic, and more – you don't need to be depressed to benefit also an e-book on suicidal thoughts, and another on panic available without registering

Videos or ebooks if patients prefer, also downloadable worksheets

Courses also tailored for peri-natal period, diabetes, long term conditions, chronic pain, farming communities, parents of children with severe illness, those who have left prison, or have unsettled housing

Written materials also available in Suffolk Libraries

Patients can begin an effective treatment in minutes

A valid treatment while awaiting other options

<https://lltff4suffolk.com>

**wellbeing**  
Helping you live your life

## ARE YOU... LIVING LIFE TO THE FULL?

Online courses available include:

- Living Life to the Full
- Enjoy Your Bump, Baby and Infant
- ENJOY YOUR BABY BUMP INFANT
- Reclaim Your Life
- RECLAIM YOUR LIFE (living with long-term physical illness)

Find out more.  
Visit: [www.LLTFF4Suffolk.com](http://www.LLTFF4Suffolk.com)

### How to get started:

- 1 Visit [www.LLTFF4Suffolk.com](http://www.LLTFF4Suffolk.com)
- 2 Complete the **mood quiz**
- 3 Register and **Change Your Life**

**wellbeing** Helping you live your life  
NHS West Suffolk Clinical Commissioning Group  
NHS Ipswich and East Suffolk Clinical Commissioning Group

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E-books targeted at Panic and Suicidal Thoughts available to read quickly without registering



Ideal to recommend to all your LTC patients, as part of their regular reviews. Ideal for carers.

Please make sure that your practice use the resources

## Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/>

A national Public Health resource for everyone

A range of practical tips, apps and resources to help you look after your mental health

Expert advice on how to spot the signs of common mental health concerns

Connections to services and activities to improve your wellbeing

Information about helplines and charities if you need more support

14 Apps that you can download and use, also covering diet, alcohol, smoking and exercise, as well as mental health



## Online Resources for Children and Young People

<https://www.thesource.me.uk/>

All of these resources below are recommended for young people in Suffolk, all may be accessed via The Source Website.



### HOW ARE YOU FEELING TODAY?

However you are feeling, you are not alone and there is someone who will listen and help you.

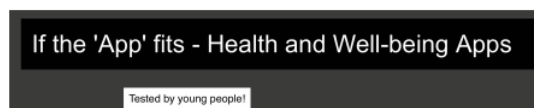
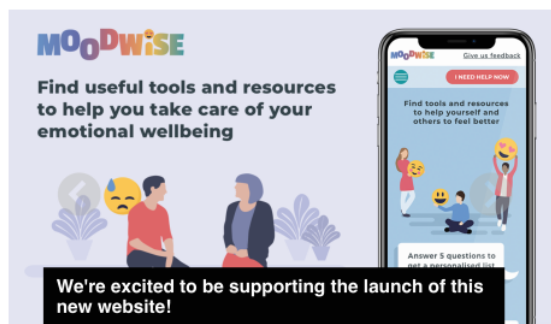
**The Source**  
A website of information, advice and support for **young people in Suffolk**  
[www.thesource.me.uk/health](http://www.thesource.me.uk/health)

**ChatHealth**  
Text a school nurse for confidential help.  
**07507 333356**  
Available Mon- Fri, 9am - 4:30pm, excluding bank holidays  
school+nurses

**Live 1-1 chat**  
Free, safe, anonymous chat when you need it  
**kooth.com**  
Available Monday - Friday 12pm - 10pm  
Saturday - Sunday 6pm - 10pm  
kooth  
#TOILETDOOR

**The Emotional Wellbeing Hub**  
Get support if you or your friends are worried about an emotional wellbeing issue online or by phone.  
**0345 600 2090**  
Available Monday to Friday, 8am to 7:30pm  
[www.thesource.me.uk/hub](http://www.thesource.me.uk/hub)

<https://www.thesource.me.uk>



[Kooth.com](http://Kooth.com) is a free, safe and anonymous online chat where young people (11-18 yrs) can find someone to talk to when they need it.