

English	体中文 / Chinese (simplified)
<p>Getting help with your suicidal thoughts</p> <p>Suicide</p> <p>If you're dealing with suicidal thoughts or thinking about self-harm, you can get help now.</p> <p>If you're experiencing suicidal thoughts or thinking about self-harm, it's important to know that you're not alone.</p>	<p>获得帮助消除您的自杀意念</p> <p>自杀</p> <p>如果您有自杀意念或考虑自残，您现在可以得到帮助。</p> <p>如果您出现了自杀意念或考虑自残，重要的是知道您并不孤单。</p>
<p>Finding the right service</p> <p>Are you experiencing thoughts like this?</p> <p>"I can't cope."</p> <p>"Am I suicidal?"</p>	<p>获得正确的服务</p> <p>您是否出现了以下这些想法？</p> <p>“我无法应付。”</p> <p>“我有自杀倾向吗？”</p>

<p>"I can't do this anymore."</p> <p>"I want to die."</p> <p>Please reach out to one of the services below.</p>	<p>“我不能再这样了。”</p> <p>“我想死。”</p> <p>请联系下面的服务机构之一。</p>
<p>Services available 24/7</p> <p>NHS 24 mental health hub</p> <p>The 111 service provides urgent mental health assessment and support 24/7.</p> <p>Phone: <u>111</u></p> <p>Samaritans</p> <p>A helpline for anyone feeling low or considering suicide.</p> <p>Phone: 116 123</p> <p>Website: samaritans.org</p> <p>Childline</p> <p>A service for young people under 19 struggling with mental health issues, or any other problem.</p> <p>Phone: 0800 1111</p>	<p>提供全天候服务的服务机构</p> <p>NHS 24 心理健康中心</p> <p>111 服务提供全天候的紧急心理健康评估和支持。</p> <p>电话: <u>111</u></p> <p>Samaritans</p> <p>任何感觉沮丧或考虑自杀人士的热线服务电话。</p> <p>电话: 116 123</p> <p>网站: samaritans.org</p> <p>Childline</p> <p>正在挣扎于心理健康问题或任何其他问题的 19 岁以下年轻人的服务热线。</p> <p>电话: 0800 1111</p> <p>网上聊天: childline.org.uk/get-support/1-2-1-counsellor-chat/</p>

<p>Webchat: childline.org.uk/get-support/1-2-1-counsellor-chat/</p> <p>Website: http://www.childline.org.uk/</p> <p>YoungMinds crisis messenger</p> <p>A 24/7 text messaging service for young people in crisis.</p> <p>The YoungMinds Crisis Messenger is run by Shout.</p> <p>Text: Text YM to 85258</p> <p>Website: youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/</p>	<p>网站: https://www.childline.org.uk/</p> <p>YoungMinds Crisis Messenger</p> <p>处于危机中的年轻人的全天候短信服务。</p> <p>YoungMinds Crisis Messenger (年轻头脑危机通信) 由 Shout 运Z。</p> <p>请发送至: 发送文本 YM 至 85258</p> <p>网站: youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/</p>
<p>Services available at other times</p> <p>Breathing Space</p> <p>Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone - we're here to listen.</p> <p>Service open:</p> <p>Monday to Thursday - 6pm to 2am</p> <p>Weekends - Friday 6pm to Monday 6am</p>	<p>提供其他时间服务的服务机构</p> <p>Breathing Space</p> <p>有时我们的想法和感觉会使我们难以承受。它有助于获得一些 Breathing Space (喘息空间)。拿起电话——我们在这里聆听您的倾述。</p> <p>服务开放时间:</p> <p>周一至周四下午 6 点至凌晨 2 点</p> <p>周末——周五下午 6 点至周一上午 6 点</p>

Phone: 0800 83 85 87

Webchat: breathingspace.scot

Campaign Against Living Miserably (CALM)

Confidential and free support, information and signposting for men.

Service open: 5pm to midnight every day

Phone: 0800 58 58 58

Webchat: thecalmzone.net/help/webchat/

Switchboard LGBT+

An information, support and referral service for anyone who identifies as LGBT+.

Service open: 10am to 10pm every day

Phone: 0300 330 0630

Webchat: switchboard.lgbt

SAMH information line

Whether you're seeking support, looking for more information for you or someone you love, or just want to have chat about mental health, we're here.

Service open: 9am to 6pm Monday to Friday (except Bank Holidays)

电话：0800 83 85 87

网上聊天：breathingspace.scot

Campaign Against Living Miserably (CALM)

为男性提供保密和免费的支持、信息并指明方向。

服务开放时间：每天下午 5 点至午夜 12 点

电话：0800 58 58 58

网上聊天：thecalmzone.net/help/webchat/

Switchboard LGBT+

为任何被识别为性少数和性别少数群体 (LGBT+) 的人士提供信息、支持和转介服务。

服务开放时间：每天上午 10 点至晚上 10 点

电话：0300 330 0630

网上聊天：switchboard.lgbt

SAMH (苏格兰心理卫生协会) 信息热线

<p>Phone: 0344 800 0550 (call charges apply)</p> <p>Website: samh.org.uk/information-service</p>	<p>您是否正在寻求支持、为您和您所爱之人查找更多信息或只想聊聊心理健康，我们在这里为您服务。</p> <p>服务开放时间：周一至周五上午 9 点至下午 6 点（公共假日除外）</p> <p>电话：0344 800 0550（需支付通话费）</p> <p>网站： samh.org.uk/information-service</p>
<h2>Further help</h2> <p>If you're feeling overwhelmed or out of control you can try these practical tools from Mind. Find out what you can do to help yourself cope and how you can distract yourself.</p> <p>Read more about self-harm from The Mental Health Foundation</p> <p>Visit NHS inform's mental wellbeing materials for more help and advice.</p>	<h2>进一步的帮助</h2> <p>如果您感觉难以承受或失控，您可以尝试这些来自 Mind 的实用工具。了解您可以做些什么来帮助自己应付和您如何转移自己的注意力。</p> <p>了解更多有关来自 The Mental Health Foundation 的自残信息</p> <p>请访问 NHS inform 的心理健资料以获取更多帮助和建议。</p>