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SUICIDE AWARENESS & PREVENTION

If you're reading this booklet, then you or someone you know may be feeling suicidal. We understand how difficult this must be for you, so we have collated some helpful information and practical tips for you to follow so that you can make it through this challenging time. Here's what's included:

CONTENTS

IF YOU'RE OVERWHELMED, REMEMBER...

IT CAN GET BETTER

Your ability to experience pleasurable emotions is equal to your ability to experience distressing emotions. Feeling suicidal is nothing to be ashamed of, and you can get through this with some help.

YOU'D BE MISSED

You have impacted so many peoples' lives - far more than you can know of. You may feel alone right now but your life matters. The life you've lived so far and the one you can live in the future.

THIS CAN CHANGE

Your emotions are not fixed—they are constantly changing. How you feel today may not be the same as how you felt yesterday or how you'll feel tomorrow or next week. If things can go wrong, they can go right again.

THIS ISN'T THE END

There are many things you can still accomplish in your life. It's natural to feel hopeless, and luckily there are people, resources and information out there to help you see that this is just part of your story, not the end of it.

THERE'S MORE TO COME

There are sights, sounds, and experiences in life that have the ability to delight and lift you—and that you would miss. It can be really difficult to see the future ahead of you right now and that's okay.

IF YOU ARE IN IMMEDIATE DANGER, CALL 999.

IF YOU'RE SUICIDAL

STEPS TO TAKE

#01

PROMISE

Even though you're in a lot of pain right now, give yourself some distance between thoughts and action. Make a promise to yourself: "I will wait 24 hours and won't do anything drastic during that time." Promise yourself you will take some time to think of another way.

#02

AVOID DRUGS & ALCOHOL

Suicidal thoughts can become even stronger if you have taken drugs or alcohol. We understand that you may be using them to copy right now, but it is important to try not use nonprescription drugs or alcohol when you feel hopeless or are thinking about suicide.

#03

MAKE YOUR HOME SAFE

Remove things you could use to hurt yourself, such as pills, knives, razors, or firearms. If you are unable to do so, go to a place where you can feel safe such as a parent or friend. If you are thinking of taking an overdose, give your medicines to someone who can return them to you one day at a time as you need them.

#04

SPEAK TO SOMEONE NOW

Make contact with someone you trust and let them know how bad things are. Don't let fear, shame, or embarrassment prevent you from seeking help. Choose someone who gets it. Just talking about how you got to this point in your life can release a lot of the pressure that's building up and help you find a way to cope.

#05

TAKE HOPE

This is a huge ask but we understand how hard it is too through this. There is a very good chance that you can make it through these feelings, no matter how much self-loathing, hopelessness, or isolation you are currently experiencing if you give yourself the time needed and don't try to go it alone. It helps to speak to survivors.

IF YOU'RE IN IMMEDIATE DANGER CALL 999

Sourced from helpguide.org

HOW TO TELL SOMEONE

SPEAK IN DETAIL

Tell the person exactly what you are telling yourself. If you have a suicide plan, explain it to them.

AVOID BEING VAGUE

Phrases such as, ‘I can’t take it anymore’ or ‘I’m done’ are vague and do not illustrate how serious things really are. Tell the person you trust that you are thinking about suicide.

YOU CAN WRITE IT DOWN

If it is too difficult for you to talk about, try writing it down and handing a note to the person you trust. Or send them an email or text and sit with them while they read it.

IF THEY DON'T 'GET IT'

If the first person you reached out to doesn’t seem to understand, tell someone else or call a suicide crisis helpline. Don’t let a bad experience stop you from finding someone who can help.

Sourced from helpguide.org

HOW TO COPE

Here are some things you can try to do every day to cope while you get some long term help. These are only short term solutions, but they're worth trying even if they're just to distract yourself today.

SPEAK TO SOMEONE

Talk with someone every day, preferably face to face (in line with Covid-19 restrictions). Even though you may feel like withdrawing, ask trusted friends and acquaintances to spend time with you. Or continue to call a crisis helpline and talk about your feelings.

MAKE A SAFETY PLAN

Develop a set of steps that you can follow during a suicidal crisis. It should include contact numbers for your doctor or therapist, as well as friends and family members who will help in an emergency.

CREATE A ROUTINE

Make a written schedule for yourself every day and try to stick to it as much as possible. This will help ground you - even more so if you make time for things you enjoy most.
Try to get outside or into nature for at least 30 mins too.

MAKE TIME FOR YOU

Make time for things that bring you joy. Even if very few things bring you pleasure at the moment, encourage yourself to do the things you used to enjoy. Ask your friends what they like to do for hobbies and if you can, maybe give them a go.

YOUR FUTURE

You may have always wanted to travel to a particular place, read a specific book, own a pet, move to another place, learn a new hobby, volunteer, go back to school, or start a family. Write your personal goals down.

GET MOVING

Exercise as vigorously as is safe for you. To get the most benefit, aim for 30 minutes of exercise per day. But you can start small. Three 10-minute bursts of activity can have a positive effect on mood. If you don't have the energy then there are no equipment yoga tutorials on Youtube that are really helpful.

WHAT TO AVOID

The following are some things that you might want to avoid while trying to cope with suicidal thoughts. Avoiding these things won't fix everything but they're an excellent way to keep yourself safe while you seek a more permanent solution.

BEING ALONE*

Solitude can make suicidal thoughts even worse. Visit a friend, or family member, or pick up the phone and call a crisis helpline.

ALCOHOL & DRUGS

Drugs and alcohol can increase depression, hamper your problem-solving ability, and can make you act impulsively. It might be tempting in the moment, but you will be much safer if you can stay sober. Speak to a sober friend if you are struggling not to drink or use.

NEGATIVE ACTIVITIES

Listening to sad music, looking at certain photographs, reading old letters, or visiting a loved one's grave can all increase negative feelings.

THINKING ABOUT SUICIDE

Try not to become preoccupied with suicidal thoughts - if you find yourself re-thinking thoughts over and over, find a distraction. Try the checklist we have provided in this booklet as a start. Giving yourself a break from suicidal thoughts can help, even if it's for a short time.

- This can be hard to do if you're living alone during the pandemic. If you have a support bubble, visit them. If you don't, see if there are some online meets or activities you can join to distract yourself.

Alcohol & Substances

We understand that avoiding alcohol or substances is far easier said than done when dealing with depression or extenuating circumstances such as suicidal thoughts. Substance misuse is an issue in the sex industry, and whilst its easy for us to tell you not to do it, this would be useless without practical advice on how to make reduction more manageable.

General Practitioner Help

If you're able to, you can try to speak to your GP about getting help with any dependency you might have on alcohol or substances. They can refer you for addiction counselling (depending on Covid-19 restrictions and your circumstances) or at least get you on a waiting list for addiction related therapies. There are medications that can be prescribed for certain issues but you will have to discuss this with your GP if you can. You do not need to disclose what you work as to get help with addiction. If you have children you may not want to take this route - which is where anonymous recovery groups are very helpful.

Recovery Programs

If you find yourself relying on alcohol or substances to get through your work or your days generally, there are sex work led 12-step recovery groups that you can attend. If you are a sex worker and have a desire to stop drinking or using, then contact us at via our website for more information on 12-step recovery meetings that you can attend via zoom. Due to Covid-19, these meetings are online via Zoom. You may be required to show your face (just to prove you're not a troll). But it is recovery group rules that no one's information is shared and anonymity is a key principle. Some recovery groups don't follow the 12-step format but with research you can find more online.

If You Can't Stop Right Now

Sometimes we just aren't ready to stop what we are doing, and in these cases we encourage you to take some appropriate measures to minimise risks. You can research harm reduction for substance abuse or alcohol online and you'll come across various blogs that offer advice on managing whilst you find a path to recovery if you want to stop. There is no one certain path for anyone which is why it's important that you explore different options that might work for you.

RECOVERING FROM SUICIDAL THOUGHTS

HAVING SUICIDAL THOUGHTS AND GOING THROUGH THESE DIFFICULT MOTIONS CAN BE EXHAUSTING AND DEBILITATING. IT'S IMPORTANT TO TAKE CARE OF YOURSELF AND RECOVER FROM THESE. HERE ARE SOME IDEAS ON THE NEXT STEPS YOU CAN TAKE AS ACTS OF SELF CARE.

Identify Your Triggers

If you can, identify the triggers that lead to feelings of despair or generate suicidal thoughts, such as an anniversary of a loss, alcohol, or stress from relationships. Find ways to avoid these places, people, or situations.

Take Care of Yourself

Try to eat right, don't skip meals, and get plenty of sleep. Exercise is also key: it releases endorphins, relieves stress, and promotes emotional well-being. This can sound really demanding when you're at your lowest, but even small efforts can really help.

Build Your Support Network

Surround yourself with positive influences and people who make you feel good about yourself. The more you're invested in other people and your community, the more you have to lose—which will help you stay positive and on the recovery track.

Develop New Interests

Find new hobbies, volunteer activities, or work that gives you a sense of meaning and purpose. When you're doing things you find fulfilling, you'll feel better about yourself and feelings of despair are less likely to return. Google 'mindfulness hobbies' to start brainstorming. Pinterest is great for this and is easy to log resources with.

Have Compassion for Yourself

Having compassion for yourself means forgiving yourself and understanding that you've been through a lot. Try not to say anything to yourself that you wouldn't say to a friend. Try to notice when you're putting yourself down and re-word it as an act of kindness.

Learn Stress Management

Find healthy ways to keep your stress levels in check, including exercising, meditating, using sensory strategies to relax, practicing simple breathing exercises, and challenging self-defeating thoughts.

Reducing Trigger Harm When You're Feeling Vulnerable

You may feel overwhelmed right now by the idea of trying to find out what your triggers are and how to avoid them. Here we'd like to share the HALT model, which is familiar within 12-step recovery groups but also within literature surrounding PTSD. The HALT model describes the physical and emotional states where we are at our most vulnerable and it's at these times where we can be proactive and reduce our own harm before it spirals out of control.

HALT

H - Hungry

When we're hungry our blood sugar is low, we can't think straight and our bodies and brains aren't being nourished appropriately to respond to the world around us. 'Hanger' is real! It's our body's response to craving food. According to Health.com, when our blood sugar drops, the hormones cortisol and epinephrine are released in an attempt to raise it back to normal. But those hormones also happen to lead to irritability, When we're stressed we become irrational and little problems become huge ones. If you don't feel like you can eat a set meal then the next time you're out shopping, stock up on small protein based snacks that you can grab when you don't have the energy to prepare a meal.

A- Angry

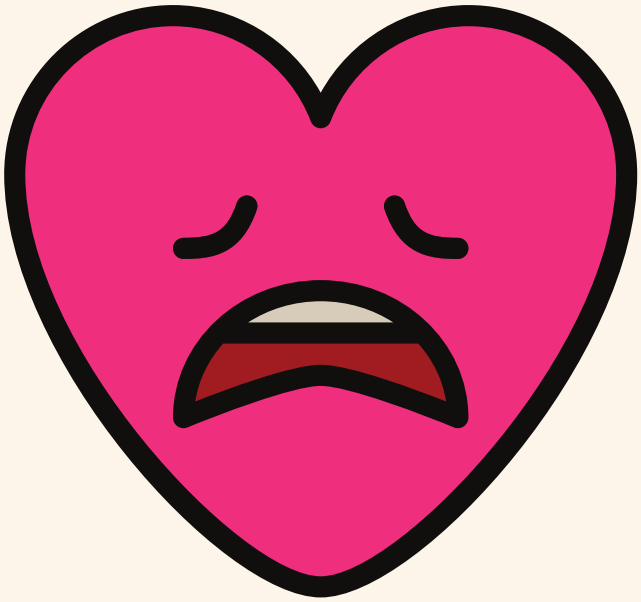
It's natural to feel angry and as sex workers we usually have a lot to be angry about, whether it be a problem client, an injustice in the community or towards ourselves or sometimes it can be part of an emotional flashback. Although anger is a simple emotional response it can lead to a lot of complex situations. We can say things we don't mean, engage in harmful behaviours and other things we might regret. When you're angry it's important to halt and assess the situation - can you address this anger now or is it better to calm down and address it later with a clear head? Ask someone close to you if they're in a position to hear you vent for a bit. If you don't feel you can reach out to anyone, write it down on paper and don't stop until you've written it all out. Other therapeutic methods like painting and meditation can help with anger too.

L - Lonely

Sex work can be a lonely industry, especially if you're not out. You may be living a secretive life within the industry because you don't want people to find out where or how you work. That's understandable, but a key aspect to your recovery from suicidal thoughts is to find a support network. There are lots of sex workers out there just like you who also want to preserve their anonymity if it's necessary. Don't be afraid to reach out to sex workers online and ask if they know of engagement groups or support group chats where you can meet other workers online. Loneliness leads to isolation, and when we're alone with our own thoughts its very easy to spiral. Halt and find someone you trust - even striking up a catch up can help ease feelings of loneliness. Chances are many other workers you know feel this way too.

T - Tired

This one gets us all. Sex workers are especially prone to exhaustion and burn out. Depending on which part of the industry you're in, you could be churning out content or endlessly corresponding with potential clients or even just thinking too much about your work and what's happening with your mental health. This is when it's most important to halt. We understand that not everyone can just take a day off work - but setting aside at least one hour of 'you' time or setting your alarm to be an hour later won't hurt. Try to fit in rest wherever you can if your schedule is busy. A lack of sleep can do way more damage than you may realise - if we aren't sleeping we aren't healing. The world will continue to turn - you deserve rest. Future you will thank you for it.



DISTRACTION CHECKLIST

IF YOU'RE FEELING OVERWHELMED, SCORE OFF THESE ACTIVITIES BEFORE CONSIDERING ANYTHING DRASTIC

- [ ] DRINK A LARGE GLASS OF WATER
- [ ] LISTEN TO YOUR FAVOURITE SONG OR PLAY YOUR FAVOURITE PLAYLIST
- [ ] GET INTO THE BATH/SHOWER
- [ ] WALK OUTSIDE FOR AT LEAST 10 MINS
- [ ] DO A GRATITUDE LIST
- [ ] PRACTICE DEEP BREATHING
- [ ] DRAW YOUR EMOTIONS AS A PICTURE
- [ ] EXERCISE
- [ ] CATCH UP WITH A FRIEND ONLINE
- [ ] LOOK UP INTERESTING DOCUMENTARIES
- [ ] WATCH YOUR FAVOURITE TV SHOW
- [ ] HAVE A MINI PAMPER SESH
- [ ] CUDDLE A PET OR WATCH VIDEOS
- [ ] WRITE DOWN 5 THINGS YOU CAN SEE
- [ ] NAME 5 THINGS YOU CAN SMELL

SUICIDE MYTH VS FACT

MYTH	FACT
People who talk about suicide aren't serious about doing it. They're attention seeking.	They may be seeking 'attention' as in help. Always take it seriously. It's a huge warning sign.
If a person is serious about killing themselves, there's nothing you can do to change it	You are not in control of someones' actions, but this doesn't mean you can't try to help.
Talking about suicide may give someone the idea to try it.	Opening a dialogue about suicide and speaking directly can lead to prevention.
Most people who feel suicidal want to end their own lives.	The majority of people who feel suicidal don't want to die, but they don't want to live the life they have.

SPEAKING TO SOMEONE WHO IS SUICIDAL

DO'S & DON'TS

DO	DON'T
If you feel you cannot ask this person to seek help, take steps yourself to alert the proper people.	Don’t say, “Get over it.” A person cannot “get over” clinical depression on their own.
Tell the person you are worried about that you do not want them to die.	Do not ignore warning signs. Take these signs seriously; they are a cry for help. Take action.
Point them to resources and show them useful numbers and organisations.	Do not keep it a secret. Tell a trusted authority or someone who can help. It's too serious to not say anything.
Tell someone and trust your instincts. If you're even slightly worried, act.	Act shocked, lecture on the value of life, or say that suicide is wrong.

THE WARNING SIGNS OF SUICIDE

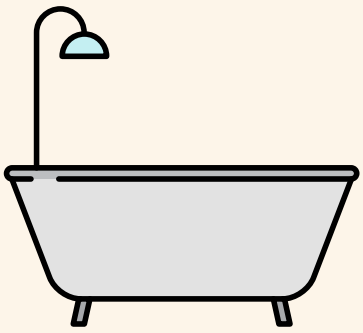
Talk of feeling hopeless, helpless or worthless

Increased use of alcohol and other drugs

Being moody, sad or withdrawn

Being more irritable or agitated

Taking less care of themselves or their appearance

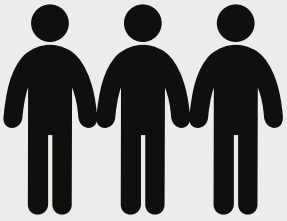


Losing interest in things
they used to enjoy

Finding it hard to concentrate
or being withdrawn

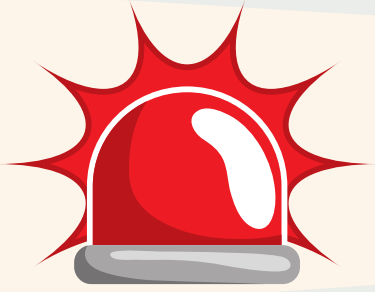
Expressing thoughts about death
through drawings, stories or songs

Saying goodbye and
/ or giving away possessions



Leaving organised group activities
such as social or hobby groups or study

Engaging in risky or self-destructive
behaviour
or doing things that are
out of character for them



But I didn't see any of these signs?

It's important for us to tell you that not everyone displays these warning signs. Unfortunately we lose people and we just didn't see it coming. Survivor guilt is a concept you can look up if you have lost someone recently and want to do further research on how you might be feeling if you've lost someone to suicide.

What we need you to know is that you're not to blame. There is nothing you could have done differently and it's not your fault if you didn't spot these warning signs. Forgive yourself - it's not uncommon that we miss these them.

Some people don't display signs at all, secrecy is common in the sex industry either to protect their business or for reasons we might never know or get closure on but we can learn now for the future.

HOW TO HELP SOMEONE WHO FEELS SUICIDAL

ESSENTIAL TIPS

01

ACT NOW

Take warning signs seriously. Reaching out could save a life.

02

ASK

Talking about suicide will not put the idea into their head but will encourage them to talk about their feelings.

03

YOUR REACTION

Acknowledge that you may be in a panic. Don't reach out on your own if it's too much.

04

BE THERE

Spend time with the person, encourage them to talk about how they are feeling.

05

SAFETY 1ST

Ask how much thought the person has put into taking their own life. Don't leave them alone and take away objects of danger.

If someone is in immediate danger, you must call 999.

06

DECIDE

Discuss together what action to take. You may need the help of others to get them support.

07

ACTION

Encourage the person to get help from a local health professional such as a GP or telephone helpline service.

08

STAY INVOLVED

Thoughts of suicide do not disappear easily. The continuing involvement of family and friends is very important to the person's recovery.

09

PROMISES

Ask the person to promise they will tell someone if suicidal thoughts return. This will make it more likely that they will seek help.

10

SELF CARE

It is difficult and emotionally draining to support someone who is suicidal, don't do it on your own.

If someone is in immediate danger, you must call 999.

SAFETY PLAN

If you sometimes struggle with suicidal thoughts, complete the form below. When you are feeling suicidal, follow the plan one step at a time until you are safe. Feeling suicidal is the result of experiencing extreme pain, and not having the resources to cope. We therefore need to reduce pain and increase coping resources.

What I need to do to reduce the risk of me acting on the suicidal thoughts?

What warning signs or triggers are there that make me feel more out of control?

What have I done in the past that helped? What ways of coping do I have?

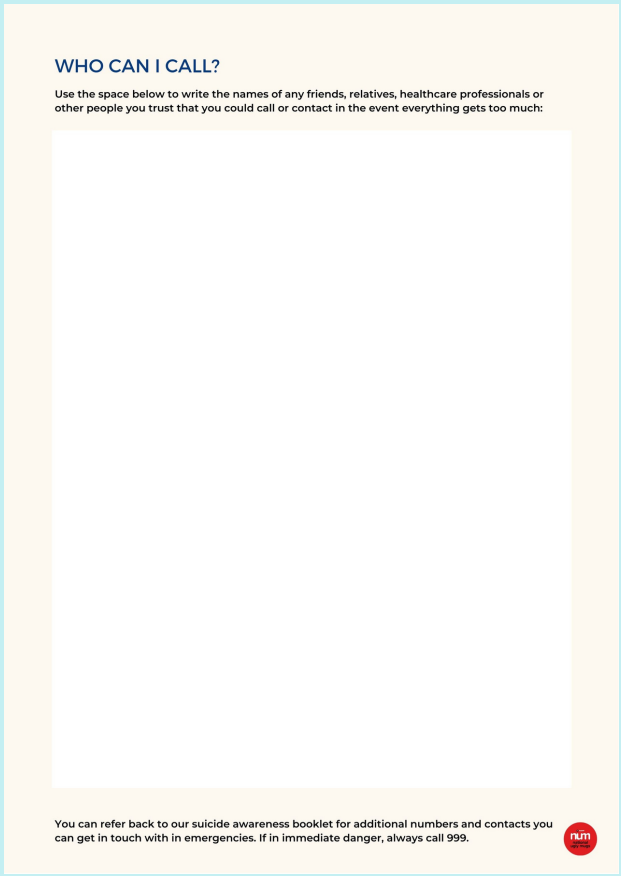
What I will do to help calm and soothe myself?

What I will tell myself(as alternativesto the dark thoughts):

What would I say to a close friend who was feeling this way

What could others do that would help?

If you're unsure what to write, research 'safety plan' on Google to find some examples to get inspiration for your answers.



WHO CAN I CALL?

Use the space below to write the names of any friends, relatives, healthcare professionals or other people you trust that you could call or contact in the event everything gets too much:

You can refer back to our suicide awareness booklet for additional numbers and contacts you can get in touch with in emergencies. If in immediate danger, always call 999.

MAKING A SAFETY PLAN

A SAFETY PLAN IS TO BE USED IN THE EVENT THAT YOU GET OVERWHELMED AND BEGIN TO FEEL SUICIDAL AND NEED PRE-ORGANISED GUIDANCE ON HOW TO COPE. IT SHOULD ANSWER THE FOLLOWING QUESTIONS ON PAPER AND IT HAS TO CONTAIN CONTACT INFORMATION OF PEOPLE AND PLACES YOU CAN CALL IF IT ALL GETS TOO MUCH. ANSWERING THESE QUESTIONS WILL HELP YOU BE PREPARED FOR THESE THOUGHTS IF THEY REOCCUR. MAKE SURE THAT SOMEONE ELSE YOU TRUST ALSO HAS ACCESS TO THIS INFORMATION, IN CASE YOU DON'T FEEL ABLE TO TAKE ITS ADVICE ON YOUR OWN. YOU CAN EMAIL IT TO THEM OR PRINT OFF THE SAFETY PLAN WHICH WILL BE AVAILABLE VIA OUR MENTAL HEALTH RESOURCES PAGE ON THE NUM WEBSITE.

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Finding a Therapist

You can click me

You may be concerned that if you enter the mental health system via the NHS that whatever therapist you end up seeing might judge you or not understand what you do. You might even not feel comfortable disclosing what you work as at all through fear of repercussions. NUM has saved you a few steps by going through some therapists and asking them some questions to narrow down your search.

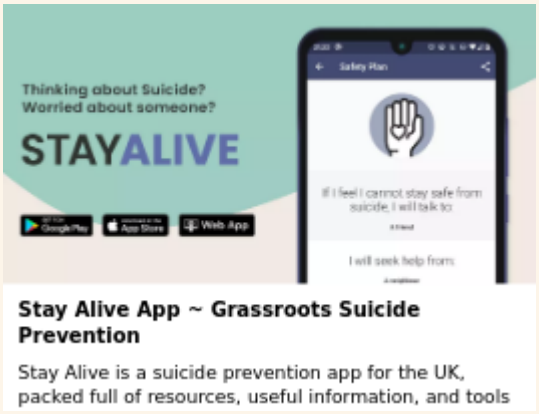
This list of therapists, drawn from all parts of the UK, is an exciting new development in our programme to support the mental health of sex workers. Over time, we intend to expand and modify this list, to allow sex workers access to the very best of appropriate support. All therapists on this list have made the following declarations:-

I support the following statement: *"NUM supports a decriminalisation model as a means to advance the health, safety and human rights of sex workers. We believe that sex workers are entitled to the following: the right to self determination; the right to live free from violence; the right to live free from intimidation, coercion or exploitation; the right to work as safely as possible; and the right to police protection. I support the Core Values that underpin NUM's service delivery, namely integrity, inclusion, compassion and contribution."*

To access the list, click the image below or visit:
https://uglymugs.org/um/mental-health-resources-page/

We will be updating and developing things regularly, so please do check back. We would also appreciate and encourage your feedback and suggestions. You can give us feedback via the website, or send an email to MentalHealthSupport@uglymugs.org

APPS

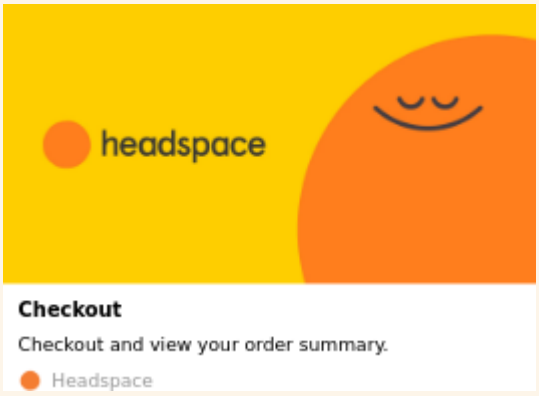


Stay Alive App ~ Grassroots Suicide Prevention

Stay Alive is a suicide prevention app for the UK, packed full of resources, useful information, and tools

THE STAY ALIVE APP IS A POCKET SUICIDE PREVENTION RESOURCE FOR THE UK, PACKED FULL OF USEFUL INFORMATION TO HELP YOU STAY SAFE. YOU CAN USE IT IF YOU ARE HAVING THOUGHTS OF SUICIDE OR IF YOU ARE CONCERNED ABOUT SOMEONE ELSE WHO MAY BE CONSIDERING SUICIDE.

IN ADDITION TO THE RESOURCES, THE APP INCLUDES A SAFETY PLAN, CUSTOMISABLE REASONS FOR LIVING, AND A LIFE BOX WHERE YOU CAN STORE PHOTOS THAT ARE IMPORTANT TO YOU. THE APP IS FULLY COMPLIANT WITH GDPR AND INTERNATIONAL DATA MANAGEMENT STANDARDS.CLICK 'GRASSROOTS SUICIDE PREVENTION' TO DOWNLOAD



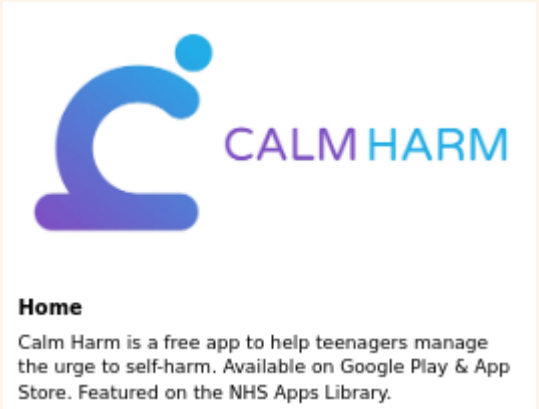
Checkout

Checkout and view your order summary.

Headspace

THIS IS A SUBSCRIPTION APP WHICH OFFERS MINDFULNESS AND MEDITATION EXERCISES WITH THE AIM OF MAKING YOUR LIFE BETTER AND MORE PEACEFUL. IT'S USEFUL TO NOTE THAT SIMILAR EXERCISES LIKE THE ONES ON THIS APP, ARE AVAILABLE FOR FREE ON YOUTUBE. BUT IF APPS ARE MORE ACCESSIBLE TO YOU THEN YOU MIGHT LIKE THIS OPTION.

CLICK THE 'HEADSPACE' TITLE IN THE WHITE RECTANGLE TO DOWNLOAD A FREE TRIAL. IT DOES CHARGE AFTER THE TRIAL.



Home

Calm Harm is a free app to help teenagers manage the urge to self-harm. Available on Google Play & App Store. Featured on the NHS Apps Library.

ALTHOUGH DEVELOPED FOR TEENAGERS, THIS NHS ENDORSED APP HAS BEEN RECOMMENDED FOR ANYONE WHO SUFFERS WITH THE NEED TO SELF HARM. CALM HARM PROVIDES TASKS TO HELP YOU RESIST OR MANAGE THE URGE TO HARM YOURSELF. YOU CAN MAKE IT PRIVATE BY SETTING A PASSWORD, AND PERSONALISE THE APP IF YOU SO WISH. YOU WILL BE ABLE TO TRACK YOUR PROGRESS AND NOTICE CHANGE. BEING ABLE TO SEE IMPROVEMENTS IN THE WAY YOU COPE IS REALLY REWARDING. CLICK ON THE 'CALM HARM APP / CALMHARM' TITLE TO SEE MORE OF THIS USEFUL TOOL.

IF YOU'RE NOT SURE WHAT SUPPORT YOU MIGHT NEED, TRY OUT A FEW. ON THE NEXT PAGE THERE IS A LIST OF APPS THAT HELP TO MANAGE MENTAL HEALTH. ALL OF THE APPS ARE APPROVED/ENDORSED BY THE NHS, AND ARE FREE OR OF LOW COST.

WE ADVISE THAT YOU USE THESE APPS AT YOUR DISCRETION BECAUSE WE ARE NOT ABLE TO VERIFY EVERY ORGANISATION OR INDIVIDUAL THERAPY PROVIDERS TO SEE IF THEY ARE SEX WORKER FRIENDLY.

THE WORRYTREE APP AIMS TO HELP YOU TAKE CONTROL OF WORRY WHEREVER YOU ARE.

YOU CAN USE THE APP TO RECORD WHATEVER YOU FEEL WORRIED ABOUT. IT USES COGNITIVE BEHAVIOURAL THERAPY (CBT) TECHNIQUES TO HELP YOU NOTICE AND CHALLENGE YOUR WORRIES. IT CAN ALSO HELP YOU CREATE AN ACTION PLAN FOR MANAGING WORRY.

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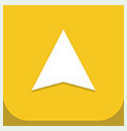
THE DISTRACT APP GIVES YOU EASY, QUICK AND DISCREET ACCESS TO INFORMATION AND ADVICE ABOUT SELF-HARM AND SUICIDAL THOUGHTS. THE CONTENT HAS BEEN CREATED BY DOCTORS AND EXPERTS IN SELF-HARMING AND SUICIDE PREVENTION.



STRESS & ANXIETY COMPANION HELPS YOU HANDLE STRESS AND ANXIETY ON-THE-GO. USING BREATHING EXERCISES, RELAXING MUSIC AND GAMES DESIGNED TO CALM THE MIND, THE APP HELPS YOU CHANGE NEGATIVE THOUGHTS TO HELP YOU BETTER COPE WITH LIFE'S UPS AND DOWNS.

SLEEPIO IS AN ONLINE SLEEP IMPROVEMENT PROGRAMME FOR PEOPLE LIVING IN OXFORDSHIRE, BERKSHIRE AND BUCKINGHAMSHIRE. IT HAS BEEN CLINICALLY PROVEN TO HELP YOU FALL ASLEEP FASTER, STAY ASLEEP THROUGH THE NIGHT, AND GIVE YOU MORE ENERGY DURING THE DAY IF YOU FOLLOW THE PROGRAMME CORRECTLY.

THRIVE HELPS YOU PREVENT AND MANAGE STRESS, ANXIETY AND RELATED CONDITIONS. THE GAME BASED APP CAN BE USED TO RELAX BEFORE A STRESSFUL SITUATION OR ON A MORE REGULAR BASIS TO HELP YOU LIVE A HAPPIER, MORE STRESS-FREE LIFE.

MORE APPS

BEAT PANIC IS DESIGNED TO GUIDE PEOPLE THROUGH A PANIC ATTACK OR RAISED ANXIETY USING THEIR PHONE. IT COSTS 99P, BUT CHECK OUT THE REVIEWS AND SEE IF YOU THINK IT MIGHT BE WORTH IT.

LEARN TO RELAX, MANAGE YOUR WORRIES AND IMPROVE YOUR WELLBEING WITH CHILL PANDA. THE APP MEASURES YOUR HEART RATE AND SUGGESTS TASKS TO SUIT YOUR STATE OF MIND. TASKS INCLUDE SIMPLE BREATHING TECHNIQUES AND LIGHT EXERCISES TO TAKE YOUR MIND OFF YOUR WORRIES.

LEARN HOW TO MANAGE FEELINGS LIKE ANXIETY AND DEPRESSION WITH CATCH IT. THE APP WILL TEACH YOU HOW TO LOOK AT PROBLEMS IN A DIFFERENT WAY, TURN NEGATIVE THOUGHTS INTO POSITIVE ONES AND IMPROVE YOUR MENTAL WELLBEING.

FEELING GOOD USES RELAXATION, COGNITIVE BEHAVIOURAL THERAPY (CBT) AND RESILIENCE BUILDING TECHNIQUES FROM SPORT TO HELP IMPROVE POSITIVE FEELINGS, SELF-ESTEEM AND SELF-CONFIDENCE.

TAKE CONTROL OF YOUR THOUGHTS, FEELINGS AND BEHAVIOUR WITH THE MY POSSIBLE SELF MENTAL HEALTH APP. USE THE SIMPLE LEARNING MODULES TO MANAGE FEAR, ANXIETY AND STRESS AND TACKLE UNHELPFUL THINKING. RECORD YOUR EXPERIENCES AND TRACK SYMPTOMS TO BETTER UNDERSTAND YOUR MENTAL HEALTH.

ADDITIONAL RESOURCES*

UMBRELLA LANE
SCOTTISH CHARITY PROVIDING PEER SUPPORT TO SEX WORKERS
HELLO@UMBRELLALANE.ORG
07377518263

CAMPAIGN AGAINST LIVING MISERABLY (CALM)
0800 58 58 58 (UK HELPLINE)
0808 802 58 58 (LONDON HELPLINE)

THECALMZONE.NET
PROVIDES LISTENING SERVICES, INFORMATION AND SUPPORT FOR MEN AT RISK OF SUICIDE, INCLUDING A WEB CHAT.

CARERS UK
0808 808 7777
CARERSUK.ORG
ADVICE AND SUPPORT FOR PEOPLE CARING FOR SOMEONE ELSE.

COMMUNITY ADVICE AND LISTENING LINE (C.A.L.L.)
0800 132 737 (HELPLINE)
81066 (TEXT HELP PLUS YOUR MESSAGE)

CALLHELPLINE.ORG.UK
PROVIDES INFORMATION AND SUPPORT FOR PEOPLE EXPERIENCING A MENTAL HEALTH PROBLEM IN WALES.

GENDER IDENTITY RESEARCH & EDUCATION SOCIETY (GIRES)
GIRES.ORG.UK
WORKS TO IMPROVE THE LIVES OF TRANS AND GENDER NON-CONFORMING PEOPLE OF ALL AGES, INCLUDING THOSE WHO ARE NON-BINARY AND NON-GENDER.

MAYTREE SUICIDE RESPITE CENTRE
020 7263 7070
MAYTREE.ORG.UK
OFFERS FREE RESPITE STAYS FOR PEOPLE IN SUICIDAL CRISIS.

MINDOUT
MINDOUT.ORG.UK
MENTAL HEALTH SERVICE RUN BY AND FOR LGBTQ+ PEOPLE.

THE MIX
0808 808 4994
85258 (CRISIS MESSENGER SERVICE, TEXT THEMIX)
THEMIX.ORG.UK
SUPPORT AND ADVICE FOR UNDER 25S, INCLUDING A HELPLINE, CRISIS MESSENGER SERVICE AND WEBCHAT.

NHS 111)
111.NHS.UK
NON-EMERGENCY MEDICAL HELP AND ADVICE FOR PEOPLE IN ENGLAND.

**Not all of the organisations on this list have been vetted to see if they are sex worker friendly, so with some, user discretion is advised.*

PAPYRUS HOPELINEUK
0800 068 41 41
07786 209697 (TEXT)
PAT@PAPYRUS-UK.ORG
PAPYRUS-UK.ORG
CONFIDENTIAL SUPPORT FOR UNDER-35S AT RISK OF SUICIDE AND OTHERS WHO ARE CONCERNED ABOUT THEM. OPEN DAILY FROM 9AM-MIDNIGHT.

SANE
SANE.ORG.UK
OFFERS EMOTIONAL SUPPORT AND INFORMATION FOR ANYONE AFFECTED BY MENTAL HEALTH PROBLEMS.

SAMARITANS
116 123 (FREEPHONE)
JO@SAMARITANS.ORG
FREEPOST RSRB-KKBY-CYJK
PO BOX 90 90
STIRLING FK8 2SA
SAMARITANS.ORG

SAMARITANS ARE OPEN 24/7 FOR ANYONE WHO NEEDS TO TALK. YOU CAN VISIT SOME SAMARITANS BRANCHES IN PERSON. SAMARITANS ALSO HAVE A WELSH LANGUAGE LINE ON 0808 164 0123 (7PM-11PM EVERY DAY).

SHOUT
85258 (TEXT SHOUT)
GIVEUSASHOUT.ORG
CONFIDENTIAL 24/7 TEXT SERVICE OFFERING SUPPORT IF YOU ARE IN CRISIS AND NEED IMMEDIATE HELP.

STAY ALIVE
PREVENT-SUICIDE.ORG.UK
APP WITH HELP AND RESOURCES FOR PEOPLE WHO FEEL SUICIDAL OR ARE SUPPORTING SOMEONE ELSE.

SURVIVORS OF BEREAVEMENT BY SUICIDE (SOBS)
0300 111 5065
UK-SOBS.ORG.UK
EMOTIONAL AND PRACTICAL SUPPORT AND LOCAL GROUPS FOR ANYONE BEREAVED OR AFFECTED BY SUICIDE.

SWITCHBOARD
0300 330 0630
SWITCHBOARD.LGBT
LISTENING SERVICES, INFORMATION AND SUPPORT FOR LESBIAN, GAY, BISEXUAL AND TRANSGENDER COMMUNITIES.

CONTACT INFO

Tel: 0161 629 9861
Email: admin@uglymugs.org
Website: www.uglymugs.org
Instagram: @nationaluglymugs
Twitter: @NationalUglyMug