

# HELP AND ADVICE

If you or anyone you know have been affected by any of the issues in Every Brilliant Thing, the following organisations may be able to provide help and advice.

## **112 / SOS Alarm**

If you or someone you know suffer from acute mental health issues or plan to take your own life in the near future, do not hesitate to call the emergency services for help.

## **90101 / Mind**

[www.mind.se](http://www.mind.se)

Volunteers that via phone, chat or email can help you if you or someone close to you are experiencing suicidal feelings.

## **1177 / Sjukvårdsupplysningen**

[www.1177.se](http://www.1177.se)

Medical information on telephone or online. They provide information on where you can get help, and the opportunity to talk directly to a trained nurse on the phone or online.

## **SPES**

(Riksförbundet för SuicidPrevention och Efterlevandes Stöd)

[www.spes.se](http://www.spes.se)

Helpline for relatives: 08-34 58 73, open 7pm-10pm (19-22) every day

National organisation to help and support relatives of suicide victims and to raise awareness and prevent suicide nationally.

## **Nationella hjälplinjen**

0771-22 00 60

Psychological support on the phone every day between 1pm-10pm (13-22).

## **BRIS (Barnens Rätt I Samhället)**

[www.bris.se](http://www.bris.se), 116 111

Support organisation for anyone under 18 years old, where you can call for free, chat or email for support in many matters. Arrange support weekends for children/young people with parents that took their own life.

## **Jourhavande medmänniska**

[www.jourhavande-medmanniska.se](http://www.jourhavande-medmanniska.se), 08-702 16 80

Free phone line open 9pm-6am (21-06) every night.