

You don't have to cope alone

At times many people feel like they are not sure if they want to live or die. But with support they can choose to live. It is important to know you don't have to cope with all your problems alone; find support from someone you can talk to.

Absolutely anyone might have thoughts of suicide.

You might like to know that:

- Suicidal people don't usually want their life to end - they just want their emotional or physical pain to end.

- Suicidal thoughts sometimes start because people feel overwhelmed by their problems or their situation. People can find it hard to see a way out.
- Suicidal thoughts are far more common than people realise – we just don't talk about them.
- People can become suicidal if they are dealing with difficult or upsetting things, or if they have lots of smaller worries that combine to make them feel overwhelmed.
- Telling someone how you feel can be embarrassing or frightening. But talking to someone is the first step to getting help.

FEELING

Making a plan to keep you safe

This may seem strange now but one step to getting through this is to think about making a plan. The idea is that if you struggle with thoughts of suicide you can use your already thought-through ideas about how to get support and keep safe.

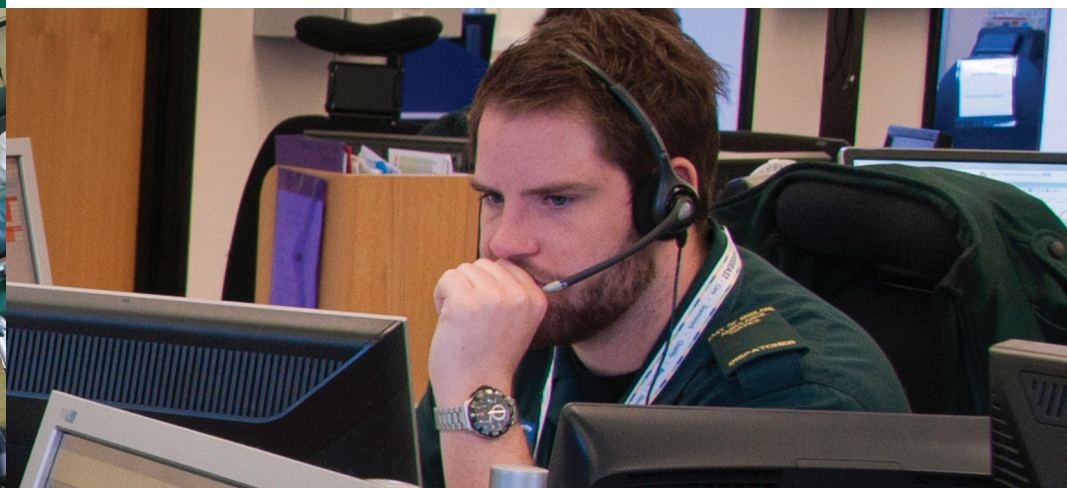
It's never too late - even if you are distressed right now, it's still okay to make your plan. It is more likely to work because you have chosen the kind of support that you feel comfortable with and made your choices when you were calm. Nobody knows you like you.

Writing a plan may seem too much, so break it down and do one part at a time, each step is a step closer to feeling more like you.

Things you could include in your plan:

- Reminders of your reasons for living.
- People who can help you when you're down – who you can talk to at any time of the day or night.
- The things that lift your mood and calm you – the things you can do to help yourself.
- Things that can distract to help you take small steps through moment to moment, hour to hour.
- Think about what you need to keep you physically safe - like trying to stay warm
- Remind yourself that thoughts and feelings can and do change and with support you can find that small part of you that may still have some hope.

SUICIDAL?



wellbeing.info@nhs.net

The information in this leaflet has been adapted from <http://www.connectingwithpeople.org/StayingSafe> and has been formulated by professionals, friends and families of people involved with suicide, and people who have suffered from suicidal thoughts

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Who to talk to if you are having suicidal thoughts:

- A trusted friend, relative or neighbour.
- **Samaritans:** Call 116 123 (24/7 free number) www.samaritans.org
- **NHS Helpline:** call 111.
- **EEAST Staff Wellbeing Hub:** Call 01234 243060 or email wellbeing.info@nhs.net
- Contact your **mental health team** or **care co-ordinator** if you have one.
- **GP:** Make an appointment to see your family doctor.

"I can't do it"

It's never too late. Try to cope with things one step at a time; concentrate on just the next few minutes. Maybe this is the time to find someone to help you get through.

**Never give up.
Find the support you need.**

