

Keeping Safe

Remember suicide is preventable. You are not alone and can get help now.

"Suicide is not chosen; it happens when pain exceeds resources for coping with pain."

You are not a bad person, weak, or flawed because you feel suicidal, experience suicidal thoughts or thoughts of being better off dead. It doesn't even mean that you really want to die – it only means that you have more pain than you can cope with right now.

How can I help myself?

If you are feeling suicidal don't try to cope alone. Sometimes problems seem impossible to manage or the mental anguish is unbearable.

1. You have made the first step by telling your doctor or a health professional. They will have discussed treatments and options with you. If you have been given antidepressants, remember that they take two weeks to start working, and then gradually.
2. Please use the self-help information.
3. Try and tell your friends and family, who will support you by spending time with you. Talking to a family member or a friend or a colleague can bring huge relief.
4. Try to avoid long periods of time on your own, especially if you just sit and dwell on things.
5. Plan your day and set small, easy to achieve tasks. This will keep you occupied and give a sense of achievement.
6. You must try and eat, at best little and often and try to drink up to two litres of water each day.
7. Avoid alcohol and non-prescription drugs.
8. Get someone to help you clear out old medicines and anything harmful when you find yourself dwelling on this.
9. Try to distract yourself by phoning a friend, going out, reading a magazine etc.
10. Exercise can make you feel better, at least 30mins a day.
11. Just try and be kind to yourself. It will pass, don't be afraid of how you feel, try and be brave and keep safe.

When it feels really bad or when you find things building up: **RING**

Samaritans To speak to a Samaritan volunteer anytime day or night call 08457 90 90 90. Calls on this number are automatically sent to the nearest free line, which could be your local branch or another.
jo@samaritans.org
www.samaritans.org

Breathing Space on **0800 83 85 87** between 6pm and 2am on weekdays (Monday to Thursday) and 24 hours at weekends (6pm Friday to 6am Monday). Remember your call is confidential and free.

www.breathingspacescotland.co.uk

Campaign Against Living Miserably (CALM) For young men who are feeling unhappy. As well as the website, CALM also has a helpline **0800 58 58 58**

Get Connected : 0800 8084994 line open 1pm – 11pm daily (help line for young people up to age of 25yrs) www.getconnected.org.uk

Papyrus prevention of young suicide. Hope line UK **0800 068 41 41**.

North Somerset Out of Hours GP Service: 08451 210 235

Open 6:30pm to 8 am Monday to Friday and 24hours at weekends and Bank Holidays

Are feelings of suicide common?

Most people at some point in their lives will have a suicidal thought but for the majority this will be a fleeting or at least short-lived experience.

When do suicidal thoughts become problematic?

Thoughts of suicide should always be taken seriously but if these thoughts are persistent, occur frequently, are strong and for the individual there appears to be no alternative, immediate action should be taken to get support and help.

Contact emergency services – are you at high risk at this time of killing yourself? Do you have a plan and the means to complete suicide?

If so, call **999** RIGHT NOW.

It's okay to feel the way you are feeling now and there are people around who can help you.

When you are feeling suicidal talk to someone immediately.