

Dealing with suicidal feelings

If you feel like you want to take your own life, reading this factsheet might help to make you feel better. We know you are hurting right now, but you don't have to go through this alone. This factsheet contains some suggestions for things you can do right away to help yourself get through the immediate crisis and have a chance to find other solutions.

KEY POINTS

- Just try to get through today and don't think about the future.
- Talk through your feelings with someone you trust or a helpline.
- Contact a health professional such as your GP or Mental Health Team.
- Try to do activities you enjoy which take your mind of distressing thoughts.
- If you are in real danger of taking your own life call emergency services.

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1. Give yourself today

The option of taking your own life isn't going to go away. It is a choice you can make tomorrow or next week or next month if you decide that's still what you want. When you are feeling so bad that you want to kill yourself, the thought of just surviving the days ahead can seem exhausting, overwhelming, and unbearable. Try to focus on just getting through today

not the rest of your life. Your coping ability is greatly weakened right now. You may not be able to imagine getting through this but your thoughts can play tricks on you when you are in a crisis.

Don't try to handle thoughts of the future just make a decision to get through today. Today may be painful but you can decide to survive it and give some other options a chance, at least for a day.

Remember that however alone you feel, there are people who want to talk with you and who want to help.

- Let family or friends know what you are going through. They may be able to calm you down and offer support. Even though they may not be able to make you feel better straight away, talking things through may help to get some perspective and see your situation in a different light.
- Call a crisis line to talk with someone right now. **The Samaritans** are available to talk **24 hours a day**. Calls are charged at a local rate and in emergency they may be able to call you back. They can be contacted on **08457 90 90 90** You can also email them on - jo@samaritans.org
- **Papyrus** is a charity to prevent suicide for teenagers and young adults. They have a helpline which can be contacted on - 0800 068 41 41 Mon-Fri 10:00 am to 5:00 pm and 7:00 pm to 10:00 pm Weekends 2:00 pm to 5:00 pm. You can also email them on pat@papyrus-uk.org.

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2. Other people to talk to.

If you can't talk to family or friends you may be able to get emotional support from other sources such as:

- a private therapist, counsellor, or psychologist
- a school teacher
- a religious or spiritual leader

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3. Getting professional help

It might also be a good idea to get some professional support as soon as possible.

- Speak to your GP who may be able to help you access the support you need in a crisis. A GP should be available to speak to you 24 hours a day. Call your surgery number to be put through to the out-of-hours service.

- If you are not registered with a GP try calling NHS direct on 0845 4647 who may be able to arrange for you to access some urgent help.
- If you are under a Community Mental Health Team contact your Community Psychiatric Nurse. If they are not available, you could talk to the mental health professional on duty that day.
- If you have access to a **mental health crisis line** call it as soon as possible.

If you have a plan to end your life and feel you may act today then get help now -

- Go to your local **Accident and Emergency** department or **call 999**.

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4. Things you can do to make yourself feel better

It can help to try activities which distract you from your distress and focus on the world around you. It is best to try things you enjoy which can be different for different people. However, here is a list of things which can help.

- Try focussing on your breath for 10 minutes. This can relax you and take your mind off distressing thoughts.
- Take a hot bath.
- Eat your favourite food.
- Watch a movie or TV.
- Look through a magazine.
- Get some fresh air and exercise. Go for a walk in a green space.
- If you are finding it difficult to stop yourself from feeling distressed try writing down your thoughts, how you could be helped, what you would like to change. You may have a list of things which you can do to make yourself feel better in a crisis. If so go down your list and do each thing until you feel better.

Avoid using drugs and alcohol when you are feeling desperate or in a crisis

Although it is tempting to try to use them to numb painful feelings, they can make your emotions more volatile and affect your judgement. Using drugs or alcohol while you are in crisis will greatly increase your risk of hurting or killing yourself impulsively even though you may not have fully decided to do that.

At the end of this factsheet there is a space where you can write things down that may help you.



PAPYRUS prevention of young suicide.

67 Bewsey Street
WARRINGTON
Cheshire WA2 7JQ
<http://www.papyrus-uk.org>
Helpline- 0800 068 41 41
Email- pat@papyrus-uk.org

C.A.L.M. (Campaign Against Living Miserably)

C.A.L.M. provides information and emotional support via a helpline and website aimed specifically at dealing with suicide and emotional distress in young men (up to age 35).

<http://www.thecalmzone.net>

CALM, PO Box 68766, London SE1P 4JZ
Helpline 5pm – midnight Sat – Tues 0808 802 5858 (London)
0800 58 58 58 (outside London)

Samaritans. Emotional support for people in a crisis.

Chris, P.O. Box 9090
Stirling, FK8 2SA
UK - 08457 90 90 90
jo@samaritans.org
<http://www.samaritans.org>

Sane is a national charity aiming to improve the quality of life for people affected by mental illness.

SANE runs a national, out-of-hours helpline offering specialist emotional support and information to anyone affected by mental illness

6pm to 11pm. 0845 767 8000.

Email: Via website - http://www.sane.org.uk/what_we_do/support/email/
<http://www.sane.org.uk>

Mind provides information regarding getting help with mental health problems and accessing services.

Tel - 0300 123 3393 Mon-Fri, 9.15am-5.15pm

Childline provides advice and support for children and young people coping with distress.

Tel - 0800 11 11 open 24 hours (freephone)

Lesbian and Gay Switchboard provides a practical and emotional helpline for lesbian, gay, bisexual or transexual communities

Helpline - 0300 330 0630

Web - <http://www.ligs.org.uk/contactus.html>

The Maytree Respite Centre. The Maytree is a sanctuary of the suicidal offering somewhere to stay for a few nights and someone to talk to. It offers a non-medical environment; calm, supportive; complete confidentiality with trained volunteers engaging in befriending as well as

time for rest and relaxation. You can self refer or be referred by a health professional.

Address - 72 Moray Road, Finsbury Park, London, N4 3LG

Tel - 020 7263 7070

Email - maytree@maytree.org.uk

1. Three people you can call if you are feeling suicidal

| Name | Telephone number |
|------|------------------|
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| | |

2. Ten things you could do to help yourself

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|----|--------------------------|
| | e.g. Call the Samaritans |
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| 2 | |
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| 4 | |
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| 6 | |
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The content of this product is available in Large Print (16 point). Please call 0300 5000 927.

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Rethink Advice & Information Service

Phone 0300 5000 927

Monday to Friday, 10am to 1pm

Email advice@rethink.org

The Rethink Advice & Information Service welcomes your feedback on whether this information was helpful to you. You can provide feedback in the following ways:

By email: feedback@rethink.org

By post:

Rethink Advice & Information Service
Rethink Mental Illness
89 Albert Embankment
London SE1 7TP

By telephone: 0300 5000 927



Leading the way to a better
quality of life for everyone
affected by severe mental illness.

For further information
on Rethink Mental Illness
Phone 0300 5000 927
Email info@rethink.org

www.rethink.org