

## Keeping Safe

It is common for people experiencing emotional distress to have thoughts of harming themselves or that they would be better off dead, however, if you are concerned about being able to keep yourself safe and in need of immediate support, please contact the emergency services by telephoning 111 or 999 or attend your local A&E.

**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 does not even mean that you really want to die – it only means that you have more pain than you feel able to 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 can take up to two to three weeks before you may notice a change.
2. Please use the self-help information.
3. Consider speaking with trusted family members and friends. Talking to a family member or a friend or a colleague can often bring a sense of relief.
4. When possible 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. Remember the importance of eating well and drinking hydrating fluids. Eat, at best little and often, and try to drink up to two litres of water each day.
7. If possible, 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 things.
9. Try to distract yourself by doing a pleasurable and/or engaging activity. Such as phoning a friend, going out, reading a magazine, etc.
10. Exercise can make you feel better, aim for least 30 mins a day if possible.
11. Just try and be kind to yourself. Remember our thoughts and emotions do pass in time. Don't be afraid of how you feel and work to keep safe.

When it feels particularly bad or you find things are building up you, please consider contacting:

- **Samaritans:** Speak to a Samaritan volunteer anytime day or night, call or text **116 123**.  
Calls on this number are automatically sent to the nearest free line.  
[www.samaritans.org](http://www.samaritans.org)
- **Campaign Against Living Miserably (CALM):** For young men who are feeling unhappy.  
CALM's helpline is **0800 58 58 58**  
[www.thecalmzone.net](http://www.thecalmzone.net)
- **Get Connected:** For young people up to 25 years of age - 0800 8084994, helpline open 1pm – 11pm daily.  
[www.getconnected.org.uk](http://www.getconnected.org.uk)
- **Papyrus:** Prevention of young suicide, a service for people under 35 years old – 0800 068 4141.  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

*When you are feeling suicidal, talk to someone immediately.*