



Lines open Mon - Fri 10am - 6pm

**0808 801 0338**

Free to call from all landlines and mobiles

## Suicide

- If you are having suicidal thoughts, there is hope. You are not alone and there is help out there.
- Talk to someone you trust- talking with others can help you work out what other options you have. You could also call Breathing Space or Samaritans.
- If you are worried about someone, it's ok to talk to them about it. It could save their life.

### What is Suicide?

Suicide is when a person takes their own life. Suicidal feelings can affect anyone, and if discovered early enough, they can be stopped and the suicide prevented. Most of the time people don't actually want to die; they want to end the pain they are suffering. .

### Why do people take their own lives?

There is no one reason why people take their own lives. It could be the result of problems, feelings and experiences building up to the point where the person feels death is the only option.

Research has shown that more than 90% of people who take their own lives have depression, another mental health issue or a substance abuse problem.

Upsetting events that may leave people feeling depressed and suicidal could be:

- Splitting up from your boyfriend or girlfriend.
- Being bullied
- Being ashamed of something you've done, or even something you haven't done.
- When someone close to you dies
- Problems at home
- Feeling you can't live up to people's expectations.

For some people, experiencing these things can leave them feeling angry, ashamed or helpless. They may feel like a failure, that no one cares and that there is no hope for the future.

Suicidal feelings can be caused or made worse by drinking lots of alcohol and taking illegal drugs.



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### What should I do if I'm having suicidal thoughts?

**Talk to Someone.** If you are feeling suicidal don't try to cope alone. Talk to someone about how you are feeling. You could talk a family member, friend or someone else you trust. You can also speak to your doctor, or call a helpline such as Breathing Space or the Samaritans. Talking about how you are feeling can be a big relief; it can help to know that you are not alone and help you feel more in control. When you talk to someone you are more likely to find out that there are other options.

**Get help.** Try to get some help for the problems that may be causing you to feel depressed and suicidal. Your doctor may suggest trying talking therapy or taking medication.

**Be prepared.** Try to recognise when you tend to have bad thoughts and try to find something to distract yourself. You could try keeping active or play a sport, make sure you are with people, or do something you enjoy. Instead of listening to those bad thoughts remind yourself of the good things you've done.

### I'm worried my friend is feeling suicidal...

- Anyone who expresses thoughts of suicide should be taken seriously.
- Try and be there for your friend, but also encourage them to talk to someone else like a doctor, counsellor, family member, youth worker or helpline. PAPYRUS, a suicide research organisation, says that talking about suicidal feelings helps, and doesn't make the suicide more likely.
- Don't tell them you will keep it a secret. This could be very stressful for you- get some expert help from some of the organisations listed here.
- You could try taking action by removing anything obvious that they could use to complete suicide.

### Who can help

**Breathing Space** is there to speak to you if you are feeling sad or down, or need to talk about issues and problems in your life. You can call them free on 0800 83 85 87 (Monday to Thursday 6pm - 2am, Friday 6pm through to Monday 6am).

**Samaritans** provide emotional support, and are available 24 hours a day. You can call them on 08457 90 90 90 or email [jo@samaritans.org](mailto:jo@samaritans.org).

**Childline** is a free 24hr counselling service for children and young people. You can call them on 0800 1111 or visit [www.childline.org.uk](http://www.childline.org.uk)

**Last updated April 2011**