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# SUICIDAL FEELINGS

Practical Guidance  
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# I HAVE NO OTHER OPTION... DO I?

HELP IS ALWAYS AVAILABLE IF YOU ARE FEELING SUICIDAL.  
THERE ARE PEOPLE YOU CAN TALK TO WHO WANT TO HELP.

Many people who have had suicidal thoughts say they were so overwhelmed by negative feelings they felt they had no other option.  
However, with support and treatment they were able to allow the negative feelings to pass.

SUICIDE IS  
THE ACT OF  
INTENTIONALLY  
ENDING YOUR  
YOUR LIFE

IF YOU'RE  
READING THIS  
BECAUSE YOU  
ARE HAVING,  
OR HAVE HAD,  
THOUGHTS ABOUT  
ENDING YOUR LIFE  
IT'S IMPORTANT  
YOU ASK  
SOMEBODY FOR  
HELP

IT'S PROBABLY  
DIFFICULT FOR  
YOU TO SEE AT  
THIS TIME,  
BUT YOU ARE  
NOT ALONE  
AND YOU ARE  
NOT BEYOND  
HELP

SUICIDAL  
THOUGHTS  
ARE NOT  
PERMANENT -  
THINGS DO  
IMPROVE

THERE IS NO RIGHT OR WRONG WAY  
TO TALK ABOUT SUICIDAL FEELINGS -  
JUST START THE CONVERSATION

YOU DESERVE SUPPORT,  
YOU ARE NOT ALONE -  
THERE IS SUPPORT OUT THERE FOR YOU

YOU CAN FIND YOUR  
MOTIVATION TO LIVE AGAIN



## WHAT CAN I DO ABOUT THESE FEELINGS?

Some simple dos and don'ts you can follow...



### TELL SOMEONE

DO talk to someone you trust - family or friend - who can keep you safe and offer support. Start the conversation.



### CALL HELPLINE

DO phone a helpline. Free helplines are there to help when you're feeling down or desperate. Many are available 24/7.



### MEDICAL HELP

DO seek medical help if your life is in danger. If you have seriously harmed yourself, call 999 or go straight to A&E.



### FOCUS

DO just focus on getting through today. Try not to think about the future - that's for another day.

## DOS



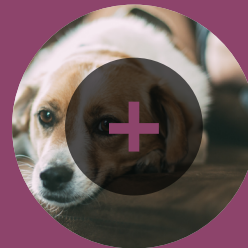
### SAFE PLACE

DO get yourself to a safe place - such as a friend's house - somewhere you will be protected and supported.



### COMPANY

DO get yourself around other people. You may feel like being alone, but you will benefit from the company of others.



### ENJOYMENT

DO allow yourself some enjoyment. Do something you would usually enjoy - such as spending time with a pet.



### LIST THEM

DO make a list of all the positive things about you and your life. This might feel hard right now - but try it.



### JOURNAL

DO write a positive journal each evening - something you did, you felt good about, or that someone did for you.

## DON'TS



### USE ALCOHOL

DON'T use drugs or alcohol to cope. Alcohol affects the part of your brain that controls judgement.



### ISOLATE

DON'T isolate yourself from others or avoid speaking to other people who you trust and enjoy being with.



### TRY TO FIX

DON'T try to solve all your problems today.



### STOP DOING

DON'T stop doing the things that you enjoy or that you are good at.



### KEEP IT IN

DON'T feel like you are unable to tell someone about your feelings - there is always someone willing to listen.



### PRESUME

DON'T presume that people won't understand - they will try to, and will want to help.



### FEAR JUDGEMENT

DON'T worry that you will be judged or will upset others. Professionals are trained to listen and help - not judge.



### HESITATE

DON'T hesitate to use a support helpline - they are there to listen, support and save lives.

## WHAT PROFESSIONAL HELP IS AVAILABLE IF I WANT IT?

### REMEMBER...

...if you are feeling suicidal, there are people you can talk to who want to help.

**Someone you Trust** Speak to a friend, family member or someone you trust as they may be able to help you calm down and find some breathing space.

**Samaritans** Call the Samaritans 24-hour support service on 116 123. [www.samaritans.org](http://www.samaritans.org)

**NHS 111** Call the NHS 111 24-hour service - they can help if you have an urgent medical problem and you're not sure what to do. [www.111.nhs.uk](http://www.111.nhs.uk)

**Childline** If you are a young person and are feeling suicidal you can call Childline 24-hour confidential support on 0800 1111. [www.childline.org.uk](http://www.childline.org.uk)

**The Silver Line** If you are an older person and are feeling suicidal you can call The Silver Line 24-hour confidential support on 0800 4 70 80 90. [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

**Your GP** Make an urgent appointment to see your GP and access help and support.