



Keeping Safe

It is common for people experiencing emotional distress to have thoughts of harming themselves or that they would be better off dead.

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 concerned about your safety, please do speak with your practitioner, course facilitator or make an appointment with your GP. You will be asked to complete a questionnaire (PHQ9) prior to assessment and during treatment. If you have indicated any risk concerns on this questionnaire, you may require more support.

We have a duty of care to keep people safe and this means sharing risk information with your GP or other services that can help keep you safe.

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 any self-help information your practitioner has provided you with.
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 using substances such as alcohol, illicit and medication that is not prescribed for you.
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 30 mins 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 **116 123**. Calls on this number are automatically sent to the nearest free line, which could be your local branch or another. www.samaritans.org

The **Calderdale Single Point of Access** telephone helpline is **0800 183 0558**. This is open 24 hours a day, 7 days a week.

SHOUT: Text the word SHOUT to **85258** to talk to someone via text message. This is open 24 hours a day, 7 days a week.

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** and a webchat (open 5pm-midnight 365 days a year)

Papyrus prevention of young suicide. Hope line UK: **0800 068 41 41**. Email: pat@papyrus-uk.org or text on 07860 039967

West Yorkshire Night OWLS is a confidential support line for children, young people, their parents and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield. They are available 8pm–8am every day for children, young people, parents and carers across West Yorkshire.

Call them on: **Freephone 0800 1488 244**. Text them on: **07984 392700** Or contact them on their **online chat** on <https://www.lslcs.org.uk/services/night-owls-helpline/>

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.