

Heads Up for Wellbeing – Suicide Awareness



Important facts about suicide.

• Thoughts of suicide are understandable, complex and personal. Most people with thoughts of suicide want to live and will indicate directly or indirectly that they want to live. The best way to identify people with thoughts of suicide is to ask them directly about their thoughts and people should be encouraged to seek help by being open, direct and honest in their conversations. Intervention is the main form of suicide prevention and it would be helpful to develop an understanding of what this is and how it can be done. When people have suicidal thoughts along with being away from those who support us and having the means to do it, this will be when there is greatest risk and so plans should be made to avoid the person finding this type of moment. Help should also be sought from the appropriate agencies and as a school we would always suggest that parents/carers take the young person to A&E to be medically assessed if they talk about feeling suicidal.

Symptoms - what signs might suggest to you that someone is suicidal?

- Social withdrawal
- A persistent drop in mood
- Disinterest in personal hygiene or appearance
- Uncharacteristically reckless
- Changes in diet – eating a lot more or less
- Anger
- Insomnia
- Disinterested in things they used to enjoy
- Any significant change.
- Hopelessness
- Failing to see a future
- Believing they are a burden
- Feeling worthless

*These signs do not mean someone is definitely suicidal but they are enough to provoke a discussion about how someone is.

Here are some simple techniques that may help you feel better about yourself.

Self help

- Talk to someone you trust. Talking always helps.
- Try not to think about the future – just focus on getting through today.
- Stay away from alcohol and drugs.
- When feeling low get yourself to a safe place – be with family or friends.
- Do something you usually enjoy. Find a distraction.
- If you struggle with suicidal thoughts it may help to have a safety plan to use if you need it <https://staying-safe.net/>

There are more things you can do over the page...

There are quite a few things you can do yourself



Self help

- Talking to someone you trust in your family or friendship circle is important but you can also talk to:
 - Your GP – ask for an emergency appointment
 - Call 111 out of hours – they will help you find the support you need.
 - Phone a helpline. These free helplines are there to help when you're feeling down or desperate.

Unless it says otherwise, they're open 24 hours a day, every day.

Suicide Awareness – useful contacts – where to get help

Samaritans - For Everyone

- Call 116 123
- Email jo@samaritans.org

Papyrus – for people under 35

- Call 0800 068 41 41 – Monday to Friday 9am to 10pm, weekends and bank holidays 2pm to 10pm
- Text 07860 039967
- Email pat@papyrus-uk.org

Campaign Against Living Miserably (CALM) – for men

- Call 0800 58 58 58 – 5pm to midnight every day
- Visit the webchat page

Childline – for children and young people under 19

- Call 0800 1111 – the number will not show up on your phone bill

If you have seriously harmed yourself call 999 for an ambulance or go straight to A&E. Or ask someone else to call 999 or take you to A&E.