

**Struggling
to find a reason
to stay alive?**

See what others have said
www.bit.ly/reasonsive

**It's OK
to talk**

**There is no
shame in seeking
help when you are feeling
stressed, depressed or
experiencing a crisis**
www.bit.ly/find-help



**Difficult
talking about it?**

**Struggling to cope?
Feeling alone?
Need someone to listen?**

**It's OK
to talk**



**Thinking
about suicide?**

**Be honest with yourself.
Tell someone. You don't
have to be alone.
Stay safe. Get help.**

**It's OK
to talk**





SUICIDESAFER
BRIGHTON & HOVE

Together we can make our communities safer from suicide.

www.prevent-suicide.org.uk

Grassroots Suicide Prevention is a Brighton-based education and campaigning charity proudly working towards making Brighton & Hove the UK's first Suicide-Safer City. We are not a crisis service but this leaflet has details of crisis support.

Charity number 1149873.



Take the pledge!

I pledge that I will:

- tell someone if I'm struggling and need help;
- reach out and tell you if I'm worried about you;
- listen to you, without judgment if you need someone to talk to;
- ask you, directly, if I think you're trying to tell me about suicide;
- help you get support if you're struggling and/or thinking about suicide.



Scan me!

www.bit.ly/TellMepledge



Find help

Brighton & Hove Samaritans open 24 hours every day **01273 77 22 77**, drop in 10am-10pm every day (near Hove Station), txt us **07725 90 90 90** email jo@samaritans.org

Mind in Brighton & Hove www.mindcharity.co.uk

Rethink Mental Illness SOS (Survivors of Suicide) Supporting those bereaved by suicide **01273 709060** 9-5pm Mon-Fri www.rethink.org

HOPELineUK 0800 068 41 41 – Confidential, practical advice on suicide prevention for you or a young person you're worried about. Opening hours 10am-5pm & 7pm-10pm Mon-Fri and 2pm-5pm at weekends.

Accident & Emergency at the Royal Sussex: You can be seen by the **Mental Health Liaison Team** if you feel you are in immediate danger, or call **999** if at imminent risk.

A list of reasons people gave for continuing to live when they were considering suicide: www.bit.ly/reasonslive

A list of further telephone and online resources for people struggling with suicide: www.bit.ly/find-help

Worried about someone else?

Be alert – Not everyone who thinks about suicide will tell someone, but there may be warning signs.

Be honest – Tell the person why you're worried about them, and ask about suicide. Tell them you want to know how they really are, and that it's OK to talk about suicide.

Listen – Just listening is one of the most helpful things you can do. Try not to judge or give advice.

Get them some help – It's OK if you don't know how; the ideas in this leaflet can get you started.

Take care of yourself – You may find it helpful to discuss your feelings with another friend, or a confidential service.

Thinking about suicide?

Be honest with yourself – Many people consider suicide at some point in their life.

Talk to someone – Don't keep suicidal feelings to yourself, please reach out. Being silent isn't being strong. It's okay to ask for help.

You don't have to be alone – Someone out there wants to listen.

Be aware – Alcohol and drugs can often make things worse.

Keep yourself safe – Agree with yourself and someone else that you will try not to act on your suicidal thoughts as further help is being arranged.

Get help – Make an urgent visit to your GP or go to A&E. Have a look at the information on this card to find out where else you can go for help.

Remember – People DO get through this.

We hope this information is helpful and offers you some hope.

SAFETY PLAN CARD

If I feel I cannot stay safe from suicide...

I will talk to:

I will seek help from:

I will calm / comfort myself by:

I will go somewhere I am safe:

My ideas for keeping safe:
