

ANXIETY out of control
 GUILT
 depression
 burnt
 out
 BULLIED
 isolation
 SHAME
 overwhelmed
 abuse
 DEBT
 DIVORCE
 suicide
 LONELY
 bereavement

...YEAH I'M OK
 JUST TIRED

CONVERSATIONS SAVE LIVES

GET HELP FINDING THE WORDS

www.prevent-suicide.org.uk/find-help-now

SUICIDE PREVENTION Pocket Resource

Brighton & Hove Edition

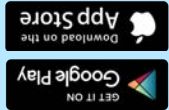


SUICIDE CAN BE
 PREVENTED THROUGH
 OPEN AND COURAGEOUS
 CONVERSATIONS



DOWNLOAD THE FREE STAY ALIVE APP

" I have used Stay Alive with
 volunteers across the UK and
 the feedback is consistently
 positive. People have used
 it when in crisis and say it
 is literally life-saving."



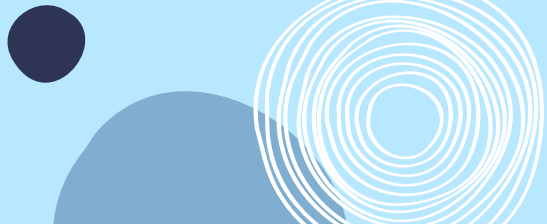
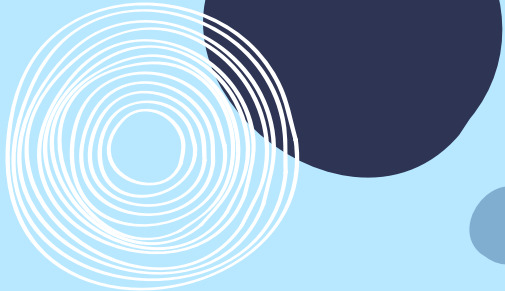
Crisis Support
 Quick access to UK
 national and local
 crisis support

Safety Plan
 A mini-safety plan
 that can be filled out
 by anyone thinking
 about suicide

**Staying Safe
 From Suicide**
 Steps to take when
 you or someone else
 is feeling suicidal

Lifebox
 A place to store life-
 affirming photos

And more
 Store Safety Contacts,
 Wellness Plan, Suicide
 Myth-Busting, and more



THINKING ABOUT SUICIDE?

Wait Decide not to do anything right now to hurt yourself. You do not have to act on your thoughts of suicide. When we are struggling to cope our mind closes down on creativity and our problem solving skills become limited. Your thoughts and feelings CAN change.

Talk to someone It could be a friend or family member, or a support service of some kind. There are people who want to listen and who can help you.

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

Keep safe for now Agree with yourself and someone else that you will try not to act on your thoughts of suicide as further help is being arranged. Try filling out the safety plan below.

FIND HELP NOW

Emergency support

If you or someone else has seriously harmed themselves or might act on suicidal thoughts, seek emergency support.

Call
999

Visit
Nearest
A&E

Call Mental Health
Rapid Response Service
0300 304 0078

SAFETY PLAN

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

I will talk to:

I will seek help from:

I will calm myself by:

I will go to a safe space:

My ideas for keeping safe:

Services & Resources

There are trained people who care and want to help anyone struggling with difficult feelings. Visit prevent-suicide.org.uk/find-help-now for a full list.

Samaritans

Call 116 123
Email jo@samaritans.org
Open 24/7

CALM

Call 0800 58 58 58
Open 5pm to midnight

Switchboard

LGBTQ Support Helpline
Call Call 0300 330 0630
Open 10-10 every day

Shout

Crisis text service
Text "Shout" to 85258
Open 24/7

Sussex Mental Healthline

Call 0300 5000 101
Open 5pm to 9am
Open 24/7 at w/ends

Rethink SOS

121 in-person support
Call 01273 709060
Open 9-5 Mon-Fri

WORRIED ABOUT SOMEONE?

Be alert Not everyone who thinks about suicide will tell someone, but there may be warning signs. All signs should be taken seriously.

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

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

Get support Use some of the resources and advice on this card to get them additional help and support.

Take care of yourself Asking someone about suicide can be difficult. It may help to discuss your feelings with another friend or confidential service.

PHRASES YOU COULD USE

"I'm worried about you. Are you thinking about suicide?"

"Thank you for telling me. Let's find someone who can help you and talk to them together."



Community Roots is a network of local services committed to supporting good mental health and wellbeing in Brighton and Hove.

If you need support, or know somebody that does, call them and they will help you navigate and access services.

Call 0808 196 1768

www.communityroots.org.uk