



# 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

## 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](http://prevent-suicide.org.uk/find-help-now) for a full list.

### Samaritans

Call 116 123  
Email [jo@samaritans.org](mailto: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](http://www.communityroots.org.uk)

# 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: