

SUICIDE PREVENTION
Pocket Resource

SUICIDE CAN BE PREVENTED THROUGH OPEN AND COURAGEOUS CONVERSATIONS

CONVERSATIONS SAVE LIVES

FIND THE WORDS

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

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



DOWNLOAD THE FREE STAY ALIVE APP

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



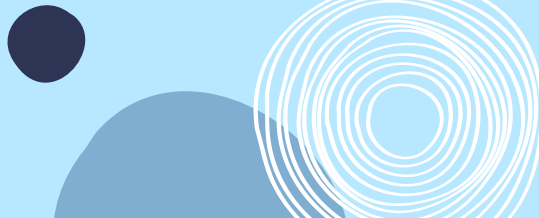
Crisis Support
Quick access to UK national and local crisis support

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.

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:

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 NHS 111 Service
For Non-Emergency
Medical Help

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

The Silver Line

For older people
Call 0800 4 70 80 90
Open 24/7

Papyrus

For young people
Call 0800 068 41 41
Open 10-10 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 having thoughts of suicide?"

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

[www.prevent-suicide.org.uk/
find-help-now](http://www.prevent-suicide.org.uk/find-help-now)

