

CONFIDENTIAL SOURCES OF SUPPORT

For people who are concerned
and those struggling with thoughts
of suicide.

Samaritans - free service
116 123 (24 hours)
samaritans.org

Shout (free 24/7 text service)
Text Shout to 85258
giveusashout.org

PAPYRUS Prevention of Young Suicide
0800 068 4141
Everyday 9am - midnight
papyrus-uk.org

CALM Campaign Against Living Miserably
0800 58 58 58
(7 days a week, 5pm–midnight)
thecalmzone.net

MIND - 0300 123 3393
(Mon–Fri, 10am–6pm)
mind.org.uk

NHS 111 (24 hours)

Developed in conjunction with the Buckinghamshire
Suicide Prevention Group
www.healthandwellbeingbucks.org
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Suicide can happen to anyone.

Help us prevent it.

- Someone in the UK dies by suicide every two hours
- About 1 in 5 of us have thoughts of suicide at some point
- It can happen to anyone, in any family, from any background
- There is no particular type of person who would consider suicide



IT'S SAFE TO TALK ABOUT SUICIDE.

HAVE A CONVERSATION: IT COULD SAVE A LIFE.

WHAT ARE THE SIGNS OF SUICIDAL THOUGHTS?

People who have reached rock bottom can be very good at hiding their feelings. You may see changes in their personality or behaviour, or you may not.

Trust your gut instincts and if something doesn't seem right, say something.

Signs to look out for are:

- **Feelings:** worthless, hopeless, loss, alone, trapped, sudden calmness and peace
- **Words:** I cannot take it anymore, I have had enough, everyone will be better off without me, I wish I was dead
- **Actions:** making a will, making amends, saying goodbye, apologising for past events, doing risky things, withdrawing from others

How do I know if someone is having thoughts of suicide?

The safest way is to ask them – asking the question will not encourage them to take their own life.

By asking, you give them the opportunity to say how they are feeling which can be a great relief. Once someone starts talking they've got a better chance of discovering other options than suicide.

How to talk to someone about suicide...

It's okay if you're not an expert. Just listening can help someone work through what's on their mind.

Try to encourage them to talk. Use open questions - start with who, what, where, how, when or why.

Focus on listening to what they're saying rather than trying to think of solutions.

Listening in an empathetic and caring way is one of the most helpful things you can do.

IF YOU ARE CONCERNED ABOUT SOMEONE

Encourage the person to contact Samaritans, their GP or one of the organisations in the support section of this leaflet.

If you are concerned about someone's immediate safety:

- Do not leave them on their own
- Remove anything they could use to take their own life
- Get urgent medical help: call 999 or take them to A&E and if you can, stay with them until they are seen by the mental health team

Take care of yourself:

- Talk about your feelings to a trusted friend or your GP, or find a support group
- Whatever happens try not to feel guilty

Remember to always make sure you are safe