

Suicidal Thoughts

Why am I having these feeling?

'**Anyone** can feel suicidal at **any** time, and it can be for **any** reason. It could be due to:

- Feeling depressed or low
- Physical pain that affects you everyday
- A situation that you want to escape from
- Feeling nobody cares or understands you
- Pressure that is too hard to cope with
- Feeling lonely or isolated
- A past traumatic event
- Life feels too low to go on
- Low self worth

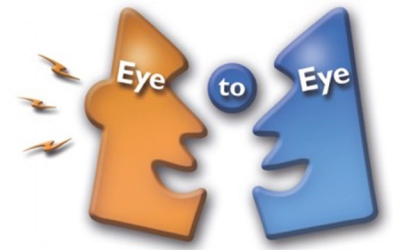
I really need help, what can I do?

Firstly, don't panic and try to remain calm. If you feel unable to **stay safe** from suicide, then **seek emergency help** by:

- Going to A&E to access the Crisis Team
- Asking someone you **trust** to help you get immediate support
- Calling 999 for **advice**
- Making sure all medications/risks are **removed from easy access**
- Calling 24hr support such as Samaritans or the Papyrus Hopeline (see resources)

I can stay safe but still need support?

- Create a vital **safety plan** for yourself (see resources)
- **Talk to someone** you trust about your feelings
- **Ask for professional help** from your Eye to Eye school/community counsellor
- Use the resources below to find out what works best for **you**



"Sometimes we all need someone to talk to"



Helpful Resources

Papyrus: Safety Plan

Stay Alive (app)

The Mix: How to deal with suicidal thoughts

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

info@eyetoeye.wales

Samaritans

116 123

www.samaritans.org

Papyrus

0800 068 4141

www.papyrus-uk.org

Childline

0800 1111

www.childline.org.uk (online chat available)

