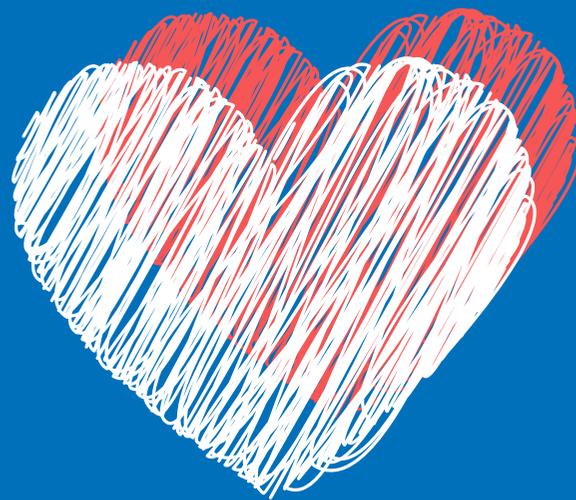


# Suicidal Thoughts

Some guidance to help you deal with suicidal thoughts and where you can go for support.



[www.supportinmindscotland.org.uk](http://www.supportinmindscotland.org.uk)



If you would like to discuss any of the information in this leaflet, please call us on 0131 662 4359

Suicide is the act of intentionally ending your life. If you have, or have had, thoughts about taking your own life, it's important you ask someone for help. It may not seem like it right now, but you're not alone and are not beyond help.

Many people who have had suicidal thoughts say they were so overwhelmed by negative feelings they felt they had no other option. However, with support and treatment they were able to work through these feelings to recovery.

### How can I help myself now?



#### Don't make a decision today

You don't need to act on your thoughts right now. Try to focus on just getting through today. You can always reassess how you feel tomorrow.

#### Go to a safe place

This could be your bedroom, a friend's house, a library - wherever you feel is best for you.

#### Be aware of your triggers

Triggers are things which make you feel worse. You may find that certain music, photos or films make you feel worse. Try to stay away from these.

#### Be around other people

You may find it too difficult to speak to anyone at the moment. That's okay. But try not to spend too much time alone. You could go to a shopping centre, gym, coffee shop or park. Being around people can help to keep you safe, even if they don't know how you're feeling.

#### Stay away from drugs and alcohol

These affect the parts of your brain that control judgement, concentration, behaviour and emotions and may make you feel worse and more likely to act on suicidal thoughts.

#### Distract yourself

This might seem impossible, but distracting yourself even for a short while can really help reduce your feelings. Think about what you enjoy doing. You could watch a film, visit a park, treat yourself to your favourite food. Try to really focus on sounds, tastes and smells that calm you.

#### Reach out



You may feel you can't speak about how you're feeling. But this is the first step to getting help. Try talking to someone you feel you can trust. If you don't feel you can do this, there are helplines you can call.

## Helplines and support groups



We know it can be hard to pick up the phone, but please reach out to somebody and let them know how you are feeling.

**Samaritans (116 123)** is a 24-hour anonymous service available every day of the year. If you prefer not to speak on the phone, you can email Samaritans at [jo@samaritans.org](mailto:jo@samaritans.org).

**Childline (0800 1111)** runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.

**PAPYRUS (0800 068 41 41)** is a voluntary organisation supporting teenagers and young adults who are feeling suicidal.

**Breathing Space (0800 83 85 87)** is a website and phone service for anyone experiencing low mood, depression or anxiety.

**NHS 24 by dialling 111** if you feel you need to speak with a medical professional but cannot wait for your GP

- for more support groups visit [www.supportinmindscotland.org.uk/if-you-need-urgent-help](http://www.supportinmindscotland.org.uk/if-you-need-urgent-help)