

You are not alone

Many people have thoughts of suicide.

These thoughts can be frightening and confusing. You might not see any other way of managing the feelings and problems that you are facing.

“Most people don't try to take their own life because they want to die, they just want support to live”

Quote from someone personally affected by suicide

It's important to know that you are not alone and there is help available.

By reading this information, you are taking the first steps towards getting the right support.

Asking for help

Talking to someone is the first step towards getting help.



Think about who the best person to talk to might be. This could be a trusted friend or family member. It could be someone in the community who you see regularly such as **a friend, family member, neighbour or even a teacher, pub landlord or sports coach. You might choose to speak to your GP.**

There is no shame in asking for help and support. Sometimes asking for support is the best way to take back control. **Take things step by step. Speaking to someone is the first step.**

Where to get help

If you don't usually have support from a mental health team, the 'contacts' page and the 'offer help' sections are a good place to start.

If you are already receiving support from mental health services, you can contact the team that cares for you during normal working hours. You might want to write the name and number of your support team here:

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If you don't know the number, you can find some contact details in this booklet.

If your needs are urgent

If you are at risk of harm to yourself or others and need help from a mental health professional, then you should go to the nearest hospital A&E department and ask for a mental health worker to see you.

If you are not at immediate risk, make an appointment to see your GP. They will help you to access the best service to meet your needs.

Contacts

Samaritans

Emotional support 24 hours a day. All calls are anonymous.
116 123 (free to call)
www.samaritans.org.uk

Papyrus HOPELine UK

Confidential suicide prevention helpline service for young people thinking about suicide or for anyone worried about a young person. Open 10am-10pm weekdays, 2-10pm weekends and 2-5pm Bank Holidays.
Tel: 0800 068 4141. Text: 07786 209697. Email: pat@papyrus-uk.org.
Webpages: www.papyrus-uk.org.

CALM

The Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide.
5pm to Midnight, 365 days a year.
0800 58 58 58 (free to call)
www.thecalmzone.net

Mind

Provides information on types of mental health problems, and where to get help.
03001233393 (free to call)
Other Resources
For more information on where to find help in Salford, please visit:
www.salfordccg.nhs.uk/mental-health-services-in-salford

Helping someone manage suicidal thoughts in Salford



Turn over to find help for yourself

Spotting the signs that someone may need support

There can be many different reasons why someone might have thoughts of suicide. Sometimes there are no obvious reasons. Sometimes there are signs that someone might need help, such as

- Saying goodbye as if they won't see you again
- Lack of energy
- Changes in mood e.g. being calm and happy after being very depressed
- Increased drinking or drug taking
- Making jokes about wanting to die or talking about wanting to die

Sometimes there may be no signs at all

Ask-don't judge

- Be relaxed
- Choose a time that's quiet
- No distractions
- Help them open up with a question

"Are you ok?"

"How is it going?"

Let them know specific things that concern you.

"You've seemed really distracted"

"you look really tired"

Show you are interested

"How long have you been feeling this way?"

Ask about suicide directly.

"Sometimes when people feel the way you're describing, they have thoughts of suicide. Is that something you're thinking about?"

- Don't be cynical
- Don't judge
- Don't feel like you need to solve the problem
- Don't Interrupt

Unhelpful comments can make people feel guilty or worthless. This makes people less likely to seek help.

Offer help

Let the person know that you can look for help together – this helps to think about other options to suicide.

1

If someone is already receiving support from mental health services, you can support them to contact the team that cares for them during their normal working hours.

2

If the person is in danger and needs help then they should go to their nearest Hospital A&E department and ask for a mental health worker.

3

If the person is not at immediate risk, encourage them to make an appointment to see their GP to help find the right services to meet their needs.

Support with managing suicidal thoughts in Salford



Turn over to find out about help for someone else