

Helplines:

Freephones:

NHS First Response Service


Cambridgeshire and Peterborough (UK) only

 111, Option 2 (24/7 helpline)



Samaritans

 116 123 (24 hour helpline)

 www.samaritans.org

Lifeline

Cambridgeshire and Peterborough (UK) only

 0808 808 2121 (7pm – 11pm every night)

CALM (Campaign Against Living Miserably)


A charity dedicated to preventing male suicides

 0800 58 58 58 (5pm - midnight every day)


 www.thecalmzone.net

Papyrus

Advice for young people at risk of suicide

 0800 068 4141 (HOPELineUK helpline)

(Mon - Fri: 10am - 10pm, weekends: 2pm - 10pm
and bank holidays: 2pm - 5pm)

 www.papyrus-uk.org

STOP suicide

Save a life. Choose to live.

Help us to create a suicide-safer
Cambridgeshire and Peterborough

Help us to create a suicide-safer
Cambridgeshire and Peterborough.

Make the STOP Suicide Pledge
www.stopsuicidepledge.org



 @stopsuicidecam  STOPSuicidePledge

Coping with suicidal thoughts

 mind | CPSL
for better mental health



*“The birds of hope are everywhere,
listen to them sing”*

- Terri Guillemets



Thinking about suicide?

Things you can do right now:

Having suicidal thoughts is nothing to be ashamed of.

Around 1 in 5 of us has had suicidal thoughts at some point*. You may feel very lonely right now, but you are definitely *not* alone.

Suicidal feelings can be terrifying.

If you are thinking about killing yourself, you may be feeling frightened, desperate, guilty or hopeless. You may be experiencing all these feelings, and more.

Feeling this way can make it very difficult to believe that anyone, or anything, can help. But you *can* challenge these feelings. You can choose to live and there are people who can help you with that.

You can survive this and stay safe.

There are people you can talk to and things you can do that will help you through these dark times.

Talk to someone:

You don't have to keep these feelings to yourself and it's OK to ask for help. Many people who have felt suicidal say that talking to someone else about these distressing thoughts and feelings was the first step to feeling better.

Call a helpline:

If you don't feel able to speak to someone close to you, use one of the helplines listed overleaf. That's what they're there for. They help thousands of people who are going through hard times every single day.

Keep yourself safe:

Agree with yourself and someone else that you won't act on your suicidal thoughts while further help is being arranged. This includes removing any means of killing yourself, especially if you already have a plan in mind. It's OK to talk openly about this.

Be aware:

Alcohol and drugs can often make things worse. It might be tempting to try and numb your feelings but it may make you more likely to act on suicidal thoughts.

Get help:

If you are feeling desperate and unsafe, make an urgent visit to your GP, dial 999 or go to A&E and tell them exactly how you are feeling.

No one is saying it will be easy – but keep holding onto hope that it will get better.

Remember:

People **DO** get through this.

“ Having suicidal thoughts is nothing to be ashamed of. You are NOT alone... Please tell someone how you're feeling. ”