

## How can I help myself if I am feeling suicidal?

### **Don't make a decision today. Remind yourself that:-**

You don't need to act on your thoughts right now.

Try to focus on just getting through today, taking each day at a time and not the rest of your life.

You may have had suicidal thoughts before but you feel less able to cope today. You might find that you are more able to cope in a few days.

### **Talk to other people**

It could be helpful for you to talk to someone about how you're feeling. You could speak to friends and family that you trust. You could talk with your GP. They may be able to offer you support and help keep you safe.

If you don't want to talk to people you know, you could call an emotional support line or use an online support group.

There is no right or wrong way to start a conversation about suicidal feelings. However, although it can be really hard to start to tell another person how you are feeling, it can be really helpful.

### **Go to a safe place**

Go to a place where you feel safe. Below is a list of places you could try.

- ! Your bedroom
- ! Mental health or spiritual centre
- ! Friend's house

Stay away from things you could use to harm yourself, such as razor blades or pills. If you have a lot of medication you can ask someone to keep it for you until you are back in control of your feelings.

### **Stay away from illegal drugs and alcohol**

Alcohol affects the parts of your brain that controls judgement, concentration, behaviour and emotions. Drinking alcohol might make you more likely to act on suicidal thoughts.

Drugs affect the way you think and feel. Different drugs have different effects. You may be more likely to take your own life if you take illegal drugs

### **Distract yourself**

If you focus on your suicidal thoughts it might make them feel stronger and harder to cope with. Try doing things that distract you instead. Below are some things you could do as a distraction.

- ! Play a computer game
- ! Do a puzzle or a jigsaw
- ! Read a book or magazine
- ! Watch a film or TV that you enjoy.
- ! Draw or paint
- ! Listen to music, if you enjoy music
- ! Exercise, such as going for a walk

### **Be aware of your triggers**

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

### **Look at your crisis plan**

if you have one, follow your crisis plan. You may have made a crisis plan with the help of a health professional or made your own.