

IS LIFE GETTING TOO MUCH?

Feeling overwhelmed or suicidal?



www.thesource.me.uk/wellbeing

The Source – information, advice and support for young people in Suffolk.

THE SOURCE

I'm struggling, who can help me?

It's normal for us to get into situations that make us panic and feel hopeless. Sometimes this can lead to suicidal thoughts.

If you are struggling, don't stay silent, you can talk to:


- A close friend, relative or teacher
- **NHS Crisis Support Line:** Call 111 and press option 2 (24/7 helpline for anyone of any age, in Norfolk and Suffolk)
- **Young Minds Crisis Messenger Service:** Text 85258 (24/7)
- **The Samaritans:** Call 116 123 (24/7)
- **Childline:** Call 0800 1111 (24/7)
- **The Hopeline (PAPYRUS):** Call 0800 068 41 41 Text 07786 209697. (Open every day 9am – Midnight)
- **Campaign Against Living Miserably (C.A.L.M.):** Anonymous and confidential support for men and boys. Call 0800 58 58 58 (Open every day, 5pm – Midnight)




How to look after your emotional wellbeing


The following can help support your wellbeing.


Five ways to wellbeing:

 **Keep learning:** Try a new skill or do something you enjoy!

 **Connect:** Make contact with friends, family and others.

 **Take notice:** See what's going on around you.

 **Give:** Do something for someone else.

 **Be active:** Do something physical.

 **30 Day What's Up Challenge:**

It's 30 things you can do to look after your emotional wellbeing, visit: thesource.me.uk/whatsup



How to talk to someone you are worried about

Talking about suicide will not make it happen!
Talking about it lets the person know that there is someone they can talk to about how they feel.

THINGS TO SAY TO HELP START THE CONVERSATION:

1. **Start by asking "Are you OK?"** Ask twice as they may say they are fine, when they are not.
2. **Empathise and listen without judging them.**
3. **Don't be afraid to ask them if they're having suicidal thoughts.** "Are you thinking about harming or killing yourself?"
4. **Reassure them that desperate feelings are common and can be overcome.**
5. **Encourage them to tell someone.** Offer to help them find support.

How to tell if a friend or someone close to you is feeling suicidal

You may hear them say these sorts of things:



"Sometimes I feel like I just want to die"
"I'm worthless".
"There's no reason for me to live".
"No one understands".
"You're better off without me".
"If I died, would you miss me?"
"I'll try anything, I'm not afraid to die".
"I just want everything to stop".
"I can't do this anymore".
"I wish I had never been born."

You may see them do these sorts of things:



Giving away things most valuable to them.
Self-harming.
Drinking more or taking drugs.
Making funeral arrangements/ saying goodbyes.
Suddenly 'recovered' after a period of depression.
Quitting activities that were important to them.
Withdrawal from family and friends.

These are some of the common signs, but sometimes there are no warning signs.

What to do if you are worried about someone in immediate danger

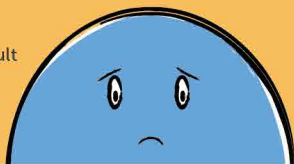
- Call 999 – Stay with them until help arrives, if it is safe.

Or you could

- Take them to your local hospital's emergency department (A & E)
- Make an urgent visit with them to see a GP
- Take them to your local Samaritans branch.
For your nearest branch visit: www.samaritans.org.

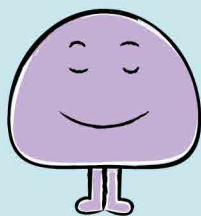
Always remember to put your own safety first.

Look after yourself – If you have supported someone to find help you may be left with difficult feelings. Speak to a trusted adult so you're not dealing with it on your own or see our local contacts.



If you or someone you know are feeling emotionally distressed, try using this '5-4-3-2-1 Grounding Technique' to find some calm:

- 5 **Name 5 things you can see around you**
- 4 **Name 4 things you can feel**
(clothes, warm, cool, breeze, touch)
- 3 **Name 3 things you can hear right now**
- 2 **Name 2 things you can smell**
(or, 2 things you like the smell of)
- 1 **Name 1 thing you like to taste**



Breathing exercises can also help - Take some slow deep breaths in and out from your belly.

Local contacts and Apps

ChatHealth – Speak to a school nurse. Text 07507 333356

Kooth – A confidential online wellbeing service where young people aged 11 to 25, can speak to friendly counsellors about anything.
Visit: www.kooth.com

TheSource – Website for young people to find information and advice.
Visit: www.thesource.me.uk/wellbeing

Barnardo's Phoneline Service & Emotional Wellbeing Hub – Confidential information, advice and support.
Helpline: 0345 600 2090 and press option 2 or 3.
(Mon-Fri, 8am to 7.30pm)
Visit: www.thesource.me.uk/hub

Just One Norfolk – For emotional wellbeing support services if you live in Lowestoft or Waveney. Helpline: 0300 300 0123 (Mon– Fri, 8am to 6pm & Sat, 9am to 1pm)
Visit: www.justonenorfolk.nhs.uk

Apps



Stay Alive

www.prevent-suicide.org.uk



Calmharm

www.calmharm.co.uk



Five Ways to Wellbeing

www.healthysuffolk.org.uk