

# IS LIFE GETTING TOO MUCH?



## Feeling overwhelmed or suicidal?

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

[www.thesource.me.uk/wellbeing](http://www.thesource.me.uk/wellbeing)

## 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:**

- **Speak to a trusted 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.
- **SHOUT Crisis Textline:** Text SHOUT to 85258 (24/7)
- **Childline:** Call 0800 1111 (24/7)
- **The Hopeline (PAPYRUS):** Call 0800 068 41 41 Text 07786 209697. (Open every day 9 am – 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, 5 pm – Midnight)



## Five Ways to Wellbeing



## The following can help support your wellbeing:

1. **Keep Learning:** Try a new skill or do something you enjoy!
2. **Connect:** Make contact with friends, family and others
3. **Take notice:** see what going on around you
4. **Give:** Do something for someone else
5. **Be active:** Do something physical



**30 Day What's Up Challenge** – 30 things you can do to look after your emotional wellbeing. Visit:

[www.thesource.me.uk/whatsup](http://www.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. **Show that you care without judging.**
3. **Don't be afraid to ask them if they're having suicidal thoughts.** "Are you thinking about hurting yourself or ending your life?"
4. **Reassure them that desperate feelings are common and can be overcome.** Avoid using dismissive phrases like "It will be OK!"
5. **Encourage them to tell someone.** Offer to help them find support.

## How to talk to a friend or someone who 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 can’t do this anymore.”
- “I wish I had never been born.”

They may have mixed messages like...

- “I want to kill myself, but I wouldn’t do this to you.”

### 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.**

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## How to respond to a friend or someone who is feeling suicidal

Just listen to them and show that you care.

Tell someone - even if they told you not to.

### 5-4-3-2-1 Grounding Technique

If you or someone you know are feeling emotionally distressed, try using this ‘Grounding Technique’ to find some calm. Breathing exercises can also help – Take some slow deep breaths in and out from your belly.

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.



### What if the person doesn’t want to get help?

Speak to a trusted adult to get advice.

Tell the person... “It’s positive that you’ve taken this step in telling me. I need to tell someone that I trust so that we can get you some help and support.”

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



- Call 999 – stay with them until help arrives, if it is safe to do so.

Or you could:

- Help them call the NHS Crisis Support Line, Call 111 press option 2
- 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 [www.samaritans.org](http://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.

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## Where can I get help?

<p><b>Barnardo's Phonenumber Service and Emotional Wellbeing Hub.</b> Call 0345 600 2090 and press option 1 or 2. (Open Monday to Friday, 8 am to 7.30 pm). Visit: <a href="http://www.thesource.me.uk/hub">www.thesource.me.uk/hub</a></p>	<p><b>Kooth</b> - Free, safe and anonymous online support. Live 1-1 chat. Peer support. Moderated forums. Self-help materials. Journals and goal trackers. Friendly counsellors. Visit: <a href="http://www.kooth.com">www.kooth.com</a></p>
<p><b>Just One Norfolk</b> -If you live in Lowestoft or Waveney. Call 0300 300 0123 (Mon-Fri, 8 am to 6 pm &amp; Sat, 9 am to 1 pm). Visit <a href="http://www.justonenorfolk.nhs">www.justonenorfolk.nhs</a></p> <p><b>FYI Norfolk</b> - Trusted help, advice and information for 11 to 24 year olds. Visit: <a href="http://www.fyinenorfolk.nhs.uk">www.fyinenorfolk.nhs.uk</a></p>	<p><b>TheSource</b> - A website for young people with useful health and wellbeing information and advice, and support services. Visit: <a href="http://www.thesource.me.uk/wellbeing">www.thesource.me.uk/wellbeing</a></p>

## Support if you have lost someone to suicide

These services offer free confidential support:

- Suffolk and North East Essex Bereaved by Suicide Service - Call 01473 322683
- Norfolk and Waveney Mind Charity - Call 0300 330 5488