

IS LIFE GETTING TOO MUCH?

Feeling overwhelmed or suicidal?



www.thesource.me.uk/wellbeing

The Source – information, advice and sources of 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)
- **SHOUT Textline:** Text SHOUT to 85258 (24/7)
- **The Hopeline (PAPYRUS):** Call 0800 068 41 41 Text 07786 209697 (Open every day, 9am – Midnight)
- **Childline:** Call 0800 1111 (24/7)
- **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



Local contacts and Apps

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

TheSource – A website for young people with useful information and advice.
Visit: www.thesource.me.uk/wellbeing

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

Barnardo's Phonenumber Service & Emotional Wellbeing Hub – Confidential information, advice and support.
Helpline: 0345 600 2090 and press option 1 or 2.
(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

Calmharm
www.calmharm.co.uk



Stay Alive
www.prevent-suicide.org.uk



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 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.
Suddenly 'recovered' - more happy or optimistic than usual as they see an "end" in sight.
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.

How to talk a friend or someone you are worried about

Talking about it lets the person know that there is someone they can talk to about how they feel.

THINGS TO SAY TO HELP 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 respond to a friend who is feeling suicidal

- Just listen to them and show that you care.
- Tell someone - even if they told you not to.

If they are distressed get them to use the **5-4-3-2-1 Grounding Technique:**

Name **5** things you can see around you

Name **4** things you can feel (clothes, warm, breeze, touch)

Name **3** things you can hear right now

Name **2** things you can smell (or, 2 things you like the smell of)

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."

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

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

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.
Visit: [samaritans.org](https://www.samaritans.org)

Always remember to put your own safety first.

