IF YOU ARE FEELING SUICIDAL

**Am I suicidal?**

You might be experiencing some of the following suicidal thoughts and feelings:

* feel sure that you want to die
* desperately want a solution to your nightmare and can’t see any other way out
* don't care if you live or die and are taking more risks
* don't actively want to kill yourself but would welcome death if it happened. You might view death as a release or way of taking control
* don't know why you are having suicidal thoughts or suicidal feelings, and are completely powerless to know what to do about it.

**Reach Out**

If you are currently having suicidal thoughts or feeling suicidal, please reach out. You do not need to be alone with your thoughts and there are people that can help.

**Samaritans**

[www.samaritans.org](http://www.samaritans.org)

Call 116 123

Helpline open 24/7. You can also access Samaritans Self-Help App on your phone or write an email if you prefer other ways of communication than talking.

**Childline** wwww.childline.org.uk

Call 0800 1111 Open 24/7

**Hopeline UK**

Call 0800 068 4141 or text 07786209697

Email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

www.papyrus-uk.org

**Young Minds**

Call 0808 802 5544

**SHOUT**

www.giveusashout.org

Text **SHOUT** to 85258

**In an emergency, if you are not safe or feel out of control go to A&E or ask an adult around you for help. If you cannot get there safely, call 999.**

**If you are experiencing a crisis in school, please speak to any trusted staff member or go and see a member of Safeguarding Team in person.**

South Block- Mrs Cwynar and Mr Kelly

North Block- Miss Cwynar and Mrs King

Elmwood- Mrs Robinson

**Other useful resources:**

[**www.kooth.com**](http://www.kooth.com) **– online, free counselling support with therapist via chat**

**Calm Harm** – App supporting those who struggle with self-harm

[**www.111.nhs.uk**](http://www.111.nhs.uk) **– online NHS medical advice**

**I am worried about someone who is feeling suicidal**

* Stay Calm
* Listen and take it seriously
* Do not leave them until they are safe
* Inform an adult as soon as it is possible
* Make them aware of places they can access help (listen on this sheet).

**How talking can help me?**

Samaritans and other organisations are experienced listeners and they can support you:

* when you’re desperate or on edge to get you through that moment
* help you make sense of what you’re feeling
* identify other forms of help if you think you want it