

Help prevent a suicide



Suicidal feelings could include:

Believing death is your only option, feeling helpless and worthless, feeling that things won't get better, feeling overwhelmed and unable to cope, feeling undecided about whether you want to live or die.

Things that might drive someone to think about suicide



Warning signs

It can be very difficult to recognise when someone is intending to take their own life. People can become skilled at hiding their thoughts and feelings.

- Isolation or loneliness
- Tiredness and loss of energy
- Disrupted sleep, sleeping badly and waking early
- Irritability
- Addictive or dangerous behaviour
- Losing interest in work, sex, food or anything else that's usually enjoyable
- Weight loss or gain
- Giving away possessions
- Someone taking less care of themselves, for example eating badly or not caring what they look like
- A marked change of behaviour – someone may appear to be calm and at peace for the first time or, more usually, may be withdrawn and have difficulty communicating.

You can listen to a mate and a mate can listen to you

If you're concerned about someone, keep in touch and maybe do something together and have a chat. It's ok to talk about the serious stuff, even suicide. If you find it difficult to start, you could ask open, non-judgemental questions such as "how did you feel?"

How you can help prevent a suicide



Asking someone a question about suicidal thoughts, such as “have you thought about ending your life?” gives them the chance to talk about their feelings and shows them you care. Speaking openly about suicide means they are less likely to act on their feelings.

Local sources of support

If someone is in crisis or has attempted suicide:

- If it's an emergency, call **999** straight away and ask for an ambulance
- Ring the Mental Health Crisis Team if you need urgent help, but it's not an emergency, **0300 365 0300** or **0300 365 9999**

If you need someone to talk to, you can also call:

- **Sane Line**: support for people affected by mental illness.
Phone No: **0300 304 7000**
(4.30pm to 10.30pm, daily)
- **Samaritans**: Phone No: **116 123**
(freephone, 24 hours every day)
Email: jo@samaritans.org
Website: www.samaritans.org

If someone is bereaved

Survivors of Bereavement by Suicide (SOBS): offers emotional support, help and information. Find nearest local SOBS support group.
Phone No: **0300 111 5065**
(9am to 9pm, Monday to Friday)
Website: <https://uksobs.org/>

Support after Suicide Partnership
Website: <http://supportaftersuicide.org.uk/support-guides/help-is-at-hand/>

Other sources of support

Campaign Against Living Miserably (CALM)

Providing support to men and campaigning against male suicide.

Phone No: **0800 585858** (free 5pm to midnight)

Website: www.thecalzone.net

Cruse Bereavement Care: support to anyone affected by bereavement.

Phone No: **0808 808 1677**

(open Monday-Friday 9.30 to 5pm (not bank holidays). Open until 8pm, every Tuesday, Wednesday and Thursday.

Website: www.cruse.org.uk

DrugFam: support for anyone affected by someone else's drug or alcohol use.
(9am to 9pm, daily)

Phone No: **0300 888 3853**

Email: office@drugfam.co.uk

Website: www.drugfam.co.uk

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