



Feeling Serious about Suicide?

Feeling suicidal can be very frightening and you may feel that you can't trust yourself. Sometimes it can also feel like a way out and a relief because it seems to promise an end to painful and difficult feelings in life

Whatever the feelings are that you are having you do not have to be alone with them.

These services all offer specialist support for people who are feeling suicidal and won't judge you for what you are going through:

Samaritans: Open 24 hours helpline 08457 909090 / text – 07725 909090 / email jo@samaritans.org

Papyrus: Support for under 35 year olds: 0800 068 4141 www.papyrus-uk.org

Childline: Open 24 hours for under 18's 0800 1111 www.childline.org.uk

- ❖ It is possible to survive feelings of wanting to kill yourself. Feelings of suicide come when a person does not have enough resources to cope with what is happening in life. As you build resources in yourself and around you the feeling of wanting to kill yourself will reduce.
- ❖ Giving yourself more time is something that you can do immediately. You can decide to give yourself 24 more hours, another week, month etc. In that time you can start to take some steps to get support and build your resources.
- ❖ There are always reasons underneath a person's wish to kill themselves. There are other ways of finding relief from these feelings.
- ❖ You may have tried to reach out for help and not had the reaction that you needed. Don't make this about you – lots of people find it hard to really hear suicidal feelings but there are places where you will be heard and accepted in what you feel.
- ❖ On the next page is a list of common reasons people have for wanting to end their life. This information sheet can be a resource for you to read and think about in relation to your reasons.

These are some common reasons people have for wanting to end their lives.

I don't want to give up my plan of suicide – it's the only thing I've got: This is understandable. When things are overwhelming it is natural to find a way of having some control. However having things like pills, a noose or a gun around increase the chances of suicide and are a big risk to you. Try to find a way of getting rid of these things and reach out for support instead.

Life is just too hard: Life is really hard sometimes and there isn't a magic pill or person to make it better. There is nothing wrong with you if you find life hard and there is support available to you to help you through it.

I can't express myself in words: This is really common. Sometimes people don't know what's going on for them and cannot talk about it. There are lots of other ways to express ourselves, see [Dealing with Feelings](#)

What's the point of me being alive? You are irreplaceable. No one else can step into your shoes. There are things that you can do and ways that you can be (that you might not be aware of) that no-one else in life can. If you die it is final and there will be a space in life that no-one else can fill.

I can't handle what I feel: Emotions can be totally overwhelming to be with. Big feelings of anger or fear can feel too much. With support you can come to realise that you are more than your thoughts and feelings.

I miss the person who died and just want to be with them: When someone that we love dies it can feel that it is too painful for us to still be alive without them. Grief is powerful and can feel overwhelming. It's natural for you to want them back in your life but killing yourself won't guarantee that happening. Letting yourself miss the person and having support is really important for you.

There is no-one I can talk to: There may not be anyone you know personally but there are organisations that are happy to support you for free. Silence and secrecy are the friends of suicide and when a person finds someone who can listen to them well, feelings of suicide often reduce.

I don't have anyone I can depend on: One of the hardest things to accept in life is that no-one person or thing can give you everything you need, even someone that you would expect that from like your parents, best friend boyfriend/girlfriend or therapist. Part of life's journey is committing to become your own best friend so that along with having support from others you learn to look after yourself in the way that you deserve.

No-one will miss me: You may believe that people won't miss you or that people would be happy if you were dead. You may have some very difficult relationships in your life but it is impossible for you to know what is ahead and how people will feel and what you would miss out on if you take your own life.

Suicide is the truth for me: In the moment suicidal feelings can be extremely overpowering and convincing, however many people feel huge relief later when their attempts at suicide have not worked.

Decide what is going to become your next step: You could:

- ❖ Call someone that you trust and tell them how you are feeling and ask them if they are willing to support you.
- ❖ Read another online resource [here](#)
- ❖ Phone text or email [Samaritans](#) or [Papyrus](#)