



Suicidal thoughts and feelings.

Letting someone else know that you are feeling suicidal is a brave thing to do and it can stop the feelings having so much power over you. Sometimes people judge themselves for feeling the way they do and feel ashamed about it, which can stop them from asking for help. **There is nothing to be ashamed of for feeling angry, frightened or hopeless or suicidal.** Many people feel very intense and overwhelming feelings at different times in their lives, some for long periods. If you want to share how you feel you can text or email TESS as much as feels helpful for you. We won't judge what you say or how you are feeling.

Many people who contact us tell us that they often experience feelings of pointlessness about their lives and have thoughts about killing themselves.

It takes a lot of courage to share such difficult feelings.

Suicidal thoughts and feelings do not happen by themselves, they are linked to experiences either in the past or present, or to fears about the future. Sometimes it is easier to imagine killing yourself than feel the pain inside you, and in a strange way the suicidal thoughts or feelings may be protecting you from feeling emotions that you do not feel ready to feel.

If you are feeling suicidal it is a sign that you are overwhelmed in some way, that life right now is feeling too hard, too much. In this state it is really important to be gentle with yourself, and take off any pressures that you can. Keep things as simple as possible until some of the intensity passes.

Feelings and thoughts come and go. They tend to feel stuck in us when they are not expressed and that is when someone has the feeling of going around in circles in their mind or experiencing very heavy and dense feelings. There is no one right way to express these feelings, they can be expressed in many different ways – talking, writing, singing, shouting, artwork, movement. It's important to find what works for you. (We have lots of suggestions of ways of expressing feelings on our [distractions sheet](#).)

Anger

Wanting to hurt yourself or end your life can sometimes be a way of expressing anger against yourself. Often people find it easier to blame and attack themselves instead of communicating the anger to the person or situation that it belongs to. Finding an alternative way to express anger may help you let go of some of the suicidal feelings and thoughts. Anger is often a very physical emotion and needs physical outlet like exercise, shouting or smashing something up, (not something that you love and will miss later on). It is really important that you make sure that you don't hurt yourself when you are expressing anger.

Suicidal thoughts and feelings as a way of self-harm

Like cutting or overdosing, suicidal thoughts and feelings can be important coping strategies in people's lives. They can protect the person from feeling painful feelings like grief or fear and they can keep a person from showing their vulnerability. If this feels true for you it may help to have a look at our suggestions to the question, 'Why do I self-harm?' as a way of understanding yourself more.

Being in the moment

Going through intense feelings can be exhausting and it is important to give yourself breaks from extreme emotional work. Try and notice if there are times when things feel slightly less intense and use these times to put your attention on other, more simple things, like what you are doing, what your environment has in it or just what sounds you can hear, colours you can see. Even concentrating on the washing up or watching the clouds in the sky calm the mind down and help you to feel a bit more balanced.

'When I self-harm it is me telling the outside world what I feel inside, which I can't express in words. Often it is an alternative to me attempting to kill myself, and all that I really want is someone to hug me and let me talk to them.'

(The Truth Hurts 2006)

Still feeling suicidal? See our [serious about suicide](#) for more information and contact details of organisations that are here to help you.