



Let's Talk about...Suicide Prevention

Suicide is preventable – If you or someone you know is having suicidal thoughts, we can all help those at risk.

In the UK in 2019, 6524 people took their own lives. Men are three times more likely than women to die by suicide. Women are more likely to report suicidal thoughts.

What does it mean to be suicidal?

Suicidal feelings can be confusing, frightening and complicated. They can range from having general thoughts about not wanting to be here to making a plan about how and when you could end your life. You might feel less like you want to die, and more that you want the pain to stop.

You might feel:

- hopeless or trapped
- tearful, anxious or overwhelmed by negative thoughts
- desperate
- tempted to do risky or reckless things because you don't care what happens to you

What can I do if I feel suicidal?

If you have seriously harmed yourself, or you don't feel that you can keep yourself safe right now, call 999 or go straight to A&E.

If you are experiencing suicidal thoughts and need support, you can:

- call your GP and ask for an emergency appointment
- call NHS 111 for out-of-hours help
- contact your mental health crisis team if you have one

Samaritans has **practical tips on dealing with suicidal feelings.**



Warning Signs

Warning signs that someone may be at immediate risk for attempting suicide include:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions

It is important to note that suicide is not a normal response to stress. Suicidal thoughts or actions are a sign of extreme distress and should not be ignored. If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behaviour is new or has increased recently.

If you're feeling so down that you can't see a way out, you don't need to struggle alone. Lots of people have felt like this and with help, managed to get through it. Please know you are not alone. Help and support is available right now if you need it.

For help you can contact:

Samaritans:

Offer emotional support 24 hours

Tel: **116 123**

Email: jo@samaritans.org or visit www.samaritans.org

Black Country 24/7 Urgent Mental Health Helpline:

This service offers a free 24/7 helpline who require support on urgent mental health concerns.

Tel: **0800 008 6516** or Text message: **07860 025 281**

Visit: **Black Country 24/7 Urgent Mental Health Helpline (rethink.org)**

