

## WHO ELSE COULD YOU TURN TO?

### ALWAYS CALL 999 IF THERE IS AN IMMEDIATE RISK TO LIFE

There are help lines that you can call if you want someone to talk to.

#### Samaritans

If you are in distress or need support, you can ring the Samaritans for free at ANYTIME of the day or night.

116 123 (24/7 service)

#### Papyrus (Prevention of young suicide)

Confidential advice and support for young people (under 35) who feel suicidal.

Hopeline: 0800 068 4141

Text: 07786 209 697

Available: Mon-Fri 10am to 10pm; Sat, sun and BHs 2pm to 10pm

#### NHS direct

24/7 phone line to help advise you. They can signpost to services, make GP appointments or call an ambulance if they feel it is needed.

Dial: 111

**Numbers correct at time of publishing.  
Some numbers may incur a charge.**

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## Childline

Anyone under the age of 19 can confidentially call, email or chat on-line about any problem big or small.

0800 1111 (24/7 service)

#### CALM (Campaign Against Living Miserably)

Offers support to men aged 15-35 who are feeling down or in a crisis. There is a phone line or website which you can use to webchat if preferred.

0800 58 58 58 (daily 5pm to midnight)

[www.thecalmzone.net](http://www.thecalmzone.net)

### There are Apps that you can download to your phone/tablet device to help you.



**Whatsup**—Uses Cognitive behavioural therapy methods to help you cope with symptoms of depression and anxiety.



**Stay Alive**—pocket suicide prevention resource with information to help you stay safe.



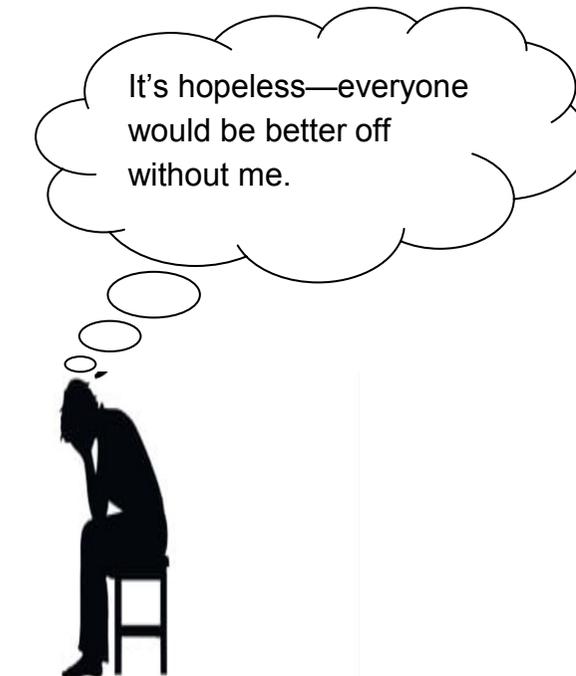
**Mood tools**—designed to combat depression and low mood. Includes various helpful ideas including activities and creating a safety plan.

**Apps were free to download at time of publishing but may contain in-app purchasing/adverts.**

**NHS**

University Hospitals  
of North Midlands  
NHS Trust

## SUICIDAL FEELINGS AND SUICIDAL INTENT IN CHILDREN AND YOUNG PEOPLE



Please note the information provided in this leaflet is for guidance only and not designed to diagnose a specific condition. Contact your GP if you are concerned about any of your symptoms.



**PROUD TO CARE**

**PLEASE SEEK IMMEDIATE HELP IF  
YOU FEEL LIKE YOU ARE AT RISK OF  
ATTEMPTING TO HARM YOURSELF  
ALWAYS CALL 999 IF THERE IS AN  
IMMEDIATE RISK TO LIFE**

**SUICIDAL FEELINGS**

Suicidal feelings are when feeling very down become much deeper and more intense and you believe that the only way forward is to end your own life.

It is important to realise you are not alone in having these thoughts and that suicide is a permanent solution to a temporary problem. With the right help things can improve to enable you to live a full and productive life.

**WHAT CAUSES SUICIDAL THOUGHTS/  
FEELINGS**

Suicidal thoughts/feelings can be triggered by a number of things:

- Being depressed or having another mental illness.
- Low self-esteem and feeling empty inside.
- Using drugs or alcohol especially if your mood is already low.
- Feeling anxious about the future and being under pressure now.
- When things are difficult at home.

Suicidal feelings can become so overwhelming that you feel that they are never going to end and you only have one option left to you.

**Suicidal thoughts/feelings or suicidal intent?**

There is a significant difference between feelings/thoughts and intent.

Someone may have suicidal thoughts/feelings but have no plan however to attempt suicide. However, someone who has intent will have a plan of how they wish to take their own life. In either case seeking professional help is critical - call 999 if there is immediate risk to life.

**WARNING SIGNS FOR SUICIDAL  
FEELINGS**

There are some things you can look out for which could lead to you experiencing suicidal thoughts.

- Deep sadness
- Loss of interest in things you usually enjoy.
- Trouble sleeping or eating that is getting progressively worse.
- Feeling helpless or worthless.
- Self-harm
- Anger and feeling that things can't change.
- Always talking and thinking about death.

**WHO CAN HELP?**

**ALWAYS CALL 999 IF THERE IS AN  
IMMEDIATE RISK TO LIFE**

If you have suicidal feelings talk to someone you trust.

Being able to talk about the way you are feeling is a brave thing to do but it is the first and most important step in helping you recover and begin to feel better about your situation.

If you are a parent/carer for a young person and you think that they may be considering suicide then ask them—**by asking you will not put the thought in their head.** In fact evidence suggests that it could actually decrease the likelihood of the young person going on to attempt or succeed in taking their own life.

Contact your GP for help with services that can provide support including Child and Adolescent Mental Health Services (CAMHS).