

STOP suicide

Save a life. Choose to live.

“It can feel scary to say the word suicide but if you're concerned about someone, asking directly about suicide in a compassionate way is the right thing to do”.

Ask

- Using the word suicide will not make it more likely to happen
- Research shows that speaking openly about suicide decreases the likelihood of a person acting on their feelings
- Ask simply and directly about suicide

Compassion

- Empathise and let the person know you care
- Acknowledge this is hard to speak about suicide
- Respond in a compassionate, proportionate and timely way
- Try not to make assumptions as to their feelings, or what will help

Actively listen

- Give space for them to talk
- Really listen to how they are feeling
- Stay calm, even if it is upsetting to hear their distress
- Be patient, let the person set the pace
- Allow silence, listen without judgement

Instil hope

- Help them to see that these thoughts do not last; to view their suicidal thoughts as a symptom of distress rather than an impulse to act, or 'fate'
- Challenge that their real wish is to feel better, not to die
- Ask about their reasons for living
- Encourage and empower their own responsibility for staying safe

Be alert

Some people will give no indication of intentions but we can all look out for signs:

- Talking about being a burden to others
- Giving away treasured possessions
- Suddenly very much recovered after a period of depression
- Talking about hopelessness
- Increasing use of alcohol & drugs

Getting help

- **Contact your local GP surgery**
- **Call the First Response Service**

NHS 111 and select the mental health option - Free 24/7 NHS Helpline

- Provides assessments and responds to urgent referrals from emergency services
- Can refer to a range of social, health and independent sector services
- Can assess and arrange urgent support



National helplines and listening services

- **Samaritans 116 123**
Free 24/7 safe place to talk
- **SANEline 0300 304 7000**
6pm-11pm every day
- **CALM Helpline 0800 58 58 58**
5pm-midnight every day -confidential emotional support
- **Papyrus Hopeline UK 0800 068 41 41**
Confidential helpline for young people
- **Text 'SHOUT' on 85258 free**
Confidential text service if you are struggling with mental health

Local resources and services

Lifeline Helpline - 0808 808 2121

Freephone every day 11 am-11 pm

Listening support and information to someone experiencing mental distress or if you are supporting someone in distress.

www.keep-your-head.com

Mental health website with local information for adults and young people, their carers, and for professionals

Sanctuaries

Sanctuaries in Cambridge and Peterborough offer people the chance to take time out in a non-medical environment, to work through their crisis without having to consider unnecessary hospital attendance.

Access is only by telephone via
NHS 111 'select mental health' option

Our Sanctuaries operate with Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind, the local mental health charity.



Staying safe – creating a safety plan

A safety plan is a tool for helping a person in crisis navigate their feelings and urges. It provides a way for them to communicate the support they may need moving forward. Scan the QR code or visit the Stay Safe website for guidance on how to create a safety plan. <https://stayingsafe.net>



SCAN ME

Are you in a mental
health crisis?

Then call...



First Response Service

111

and select the
mental health
option

Working together for a suicide-safer community

www.stopsuicidepledge.org