

## CONFIDENTIAL SOURCES OF SUPPORT

Suicide can happen to anyone.

Help us prevent it.

- Someone in the UK dies by suicide every two hours
- About 1 in 5 of us have thoughts of suicide at some point
- It can happen to anyone, in any family, from any background
- There is no particular type of person who would consider suicide

For people who are concerned and those struggling with thoughts of suicide

**Samaritans**  
116 123 (24 hours)  
[www.samaritans.org](http://www.samaritans.org)

**Shout (free 24/7 text service)**  
Text Shout to 85258

**PAPYRUS**  
Prevention of Young Suicide  
0800 068 41 41  
(Mon–Fri, 10am–5pm and 7pm–10pm;  
weekends 2pm–5pm)  
[www.papyrus-uk.org](http://www.papyrus-uk.org)

**CALM**  
Campaign Against Living Miserably  
0800 58 58 58  
(7 days a week, 5pm–midnight)  
[www.thecalmzone.net](http://www.thecalmzone.net)

**MIND**  
0300 123 3393  
(Mon–Fri, 9am–6pm)  
[www.mind.org.uk](http://www.mind.org.uk)

**Buckinghamshire Child and Adolescent Mental Health Services**  
01865 901951

**Buckinghamshire Adult Mental Health Services**  
01865 901600

Developed in conjunction with the Buckinghamshire Suicide Prevention Group  
[www.healthandwellbeingbucks.org](http://www.healthandwellbeingbucks.org)  
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**IT'S SAFE TO TALK  
ABOUT SUICIDE.**

**HAVE A  
CONVERSATION:  
IT COULD  
SAVE A LIFE.**



## WHAT ARE THE SIGNS OF SUICIDAL THOUGHTS?

People who have reached rock bottom can be very good at hiding their feelings. You may see changes in their personality or behaviour, or you may not.

Trust your gut instincts and if something doesn't seem right, say something. Signs to look out for are:

- **Feelings:** worthless, hopeless, loss, alone, trapped, sudden calmness and peace
- **Words:** I cannot take it anymore, I have had enough, everyone will be better off without me, I wish I was dead
- **Actions:** making a will, making amends, saying goodbye, apologising for past events, doing risky things, withdrawing from others

## How do I know if someone is having thoughts of suicide?

The safest way is to ask them – asking the question will not encourage them to take their own life.

By asking, you give them the opportunity to say how they are feeling which can be a great relief. Once someone starts talking they've got a better chance of discovering other options than suicide.

## How to talk to someone about suicide

It's okay if you're not an expert. Just listening can help someone work through what's on their mind.

Try to encourage them to talk. Use open questions - start with who, what, where, how, when or why.

Focus on listening to what they're saying rather than trying to think of solutions.

Listening in an empathetic and caring way is one of the most helpful things you can do.

## IF YOU ARE CONCERNED ABOUT SOMEONE

Encourage the person to contact Samaritans, their GP or one of the organisations in the support section of this leaflet.

### If you are concerned about someone's immediate safety:

- Do not leave them on their own
- Remove anything they could use to take their own life
- Get urgent medical help: call 999 or take them to A&E and if you can, stay with them until they are seen by the mental health team

### Take care of yourself:

- Talk about your feelings to a trusted friend or your GP, or find a support group
- Whatever happens try not to feel guilty

**Remember to always make sure you are safe.**