

Suicide Prevention

(Please consider downloading this document and the Apps mentioned below onto your phone as you never know when you might need them. This sheet will be kept in the front of the Prayer Pastors' log book)

What are the Warning Signs?

Most people who feel suicidal don't necessarily want to die, they just want an end to their pain. These are some of the signs which may indicate that someone is thinking of taking their life:

- A previous suicide attempt or act of self-harm
- Expressing suicidal thoughts
- Preoccupation with death
- Depression
- Becoming isolated
- Alcohol abuse
- Drug abuse
- Sudden changes in mood or behaviour
- Making 'final' arrangements, e.g. giving away possessions

What can you do?

Strategy - Save life, buy time and gain information.

Express personal concern and empathy but avoid the phrase ***I understand what you are going through*** – you don't!

Try and get them to think of ways forward focusing on positives.

- REMAIN CALM.
- SHOW YOU'RE LISTENING, What they say often contains the key issues.
- KEEP EYE CONTACT AS FAR AS POSSIBLE
- Seek to understand why the person feels like this
- DON'T BE AFRAID TO ALLOW SILENCES

- Allow them to vent their anger, feelings and emotions.
- EMPHASISE POSITIVE OPTIONS.
- SUGGEST OTHER AGENCY SUPPORT.
- TRY TO REDUCE/REMOVE ANY THREATS eg knives
- Think personal safety.
- (discreetly) call for Police assistance if possible

Possible things to say:-

“People often think about suicide because they are seeking relief from pain. Remember that relief is a feeling. And you have to be alive to feel it. You will not feel the relief you so desperately seek if you’re dead”

“Death is a permanent solution to what might be a temporary problem”.

“Suicide may seem like the easy answer to the problem but in fact it passes the problem to someone else” *<refer to friends, family members they may have mentioned>*

“There are other options. Don’t give yourself the additional burden of trying to handle this alone. Just talking about it can release the pressure”

Also:-

Samaritans Call **116 123** e mail Jo@samaritans.org

Togetherall online resource www.togetherall.com

SHOUT 24/7 crisis text service text **SHOUT** to **85258**

Hopeline UK Under 35’s 10 am -10 pm Mon-Fri 2-10 Weekends & Bank Holidays **0800 068 4141** pat@papyrus-uk.org

CALM Helpline for men 5-12pm **0800 585858**

Apps to download:-

Stay Alive

Self Help

For armed forces / veterans - **Forces Connect** - help with housing, substance abuse, health & finances