WHAT TO DO - TALKING ABOUT SUICIDE

Sometimes thoughts of suicide can become really intense and overwhelming, and it can be really difficult for someone to keep themselves safe.

• It might be that they feel totally overwhelmed and want to end their lives but don't have a specific plan

• It might be that they have made clear plans of where, when and how they will kill themselves.

• If someone tells you they're feeling overwhelmed by thoughts of suicide make sure they're not left alone.

• Don't be afraid to talk to them about their thoughts of suicide.

  • Talking about it will not make it more likely.

  • Just beginning to ask them about their thoughts of suicide generally shows that you care and that you can talk with them about it.

  • This in itself can be hugely helpful in reducing their fear.

  • If you are worried about their immediate safety, ask them directly.

• It might also be helpful to remove things that someone could use to harm themselves, especially if they have mentioned specific items they might use.

• It's also important to help the person avoid alcohol and drugs when they are at risk.

IN A SUICIDE EMERGENCY

If the person feels unable to keep themselves safe and is at immediate risk of attempting suicide, stay with them and do one of the following:

• Call 999. Explain what is happening.

  • In this situation, calling an ambulance is the right action to take - it isn't a waste of emergency services time!

If they don't want you to call for emergency services:

• Take them to a Hospital A&E- Find your nearest here.

• Contact the NHS Universal Crisis Lines

  • North Cumbria NHS Universal Mental Health Crisis Line 0800 652 2865

  • South Cumbria NHS Urgent Mental Health Support Line 0800 953 0110

• If you are not in Cumbria, call 111 and select the Mental Health option.

While these may feel like really big steps to take it is important to respond to someone's life being at risk. The emergency services have the resources to find those who are vulnerable to suicide and get help to them quickly.