

Understanding

Many people at some time in their life will think about suicide. Most decide to live because they realise the crisis is temporary and death is permanent. But at the time of such crisis some people are overwhelmed by feelings such as those described below.

- Can't stop the pain
- Can't think clearly/make decisions
- Can't see any way out
- Can't sleep, eat or work
- Can't make the sadness go away
- Can't see a future without pain
- Can't get control
- No one will listen to me
- I will always be worthless
- Everything would be better if I wasn't here
- There 's only one solution

If you or someone else is experiencing these feelings - get help or offer help and try to contact:

- Community mental health worker
- School counsellor/guidance staff
- GP, health visitor or practice nurse
- Counselling service
- One of the national resources listed on this leaflet

Helplines and support

The Samaritans (24hours): 0845 790 9090
Breathing Space (6pm-2am): 0800 838587
Childline (24 hours): 0800 1111
Saneline (noon-2am): 0845 767 8000
Women's Aid (9am-4pm or 24 hours by phoning police/social work): 0870 241 3548
Young Minds (mental health advice - 9.30am-5.30pm): 020 7336 8445
Cruse Bereavement Care (Mon-Fri 9.30am-5pm Counselling/support): 0870 1671677
Survivors of bereavement by suicide (SOBS) (Emotional support - 9am-9pm): 0870 214 3337
Depression Alliance (Information 9am-5pm): 0845 123 2320

Argyll and Bute Choose Life Initiative
25 West King Street
Helensburgh G84 8UW
01436 658824

www.chooselifeinargyllandbute.org.uk

Contacts:

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Argyll  Bute
COMMUNITY PLANNING PARTNERSHIP
...working with communities to
improve the quality of life for all in Argyll and Bute

SUICIDE

The Myths
V
THE FACTS

chooselife

Shatter the silence

The Myths

- No one could have guessed he'd go and do something like that
- She never seemed the type
- He was just looking for attention
- She must have been mentally ill
- Only a professional could help
- I thought he'd got over his mum dying - he should be over it by now anyway
- Talking about suicide will put ideas into her head
- If she really wanted to die, she would have picked a more certain method of suicide
- Most suicides are sparked by a single tragedy
- Suicide is a coward's way out and a selfish act

THE FACTS

Most people at risk of suicide give signs they need help or are in pain

Anyone can be at risk of suicide - there is no 'type'

Anyone who feels so bad they try to kill themselves does need help

Not everyone who completes suicide has a mental illness

Not talking about it increases the isolation and despair of someone thinking about suicide

Outcome does not always reflect the level of intent behind an attempted suicide

Stressful events and feelings can build up and contribute to having thoughts of suicide

People who complete suicide often feel they are a burden to others and should be out of the way

What to look out for

A person might be thinking about suicide if he or she:

- Talks about committing suicide
- Withdraws from friends/activities
- Has trouble eating or sleeping
- Gives away prized possessions
- Loses interest in appearance or neglects personal hygiene
- Has attempted suicide before
- Has experienced severe losses
- Increases use of drugs or alcohol
- Takes unnecessary risks
- Has a drastic change in their behaviour - high or low
- Appears to have given up

How can you help?

- Be direct and talk openly
- Be willing to listen - show interest
- Be non-judgemental
- Don't lecture on the value of life
- Don't act shocked - this will put up a barrier between you
- Don't be sworn to secrecy - seek additional help
- Offer hope - but not empty reassurances
- Acknowledge the level of pain