

IMPORTANT

If someone's life is in danger - for example they have seriously harmed themselves or taken a drug overdose - **call 999** for an ambulance **or go straight to A&E** (the closest to St Helens is Whiston Hospital)

The facts (Samaritans, 2017)

- More than 6,000 people across the UK and Republic of Ireland (ROI) take their own lives each year. Tens of thousands more attempt suicide.
- The medical and/or psychiatric conditions that could lead a person to take their own life are potentially treatable.
- In the UK, the highest suicide rate was for men aged 45-49.
- Some people considering suicide may hint at or even declare to friends or relatives that they intend to take their own lives. Other people who are feeling suicidal might not mention it at all or give any indication of their intention.
- In the UK, men are three times as likely to take their own lives than women.
- There is no simple explanation for why someone chooses to die by suicide and it is rarely due to one particular factor. Mental health problems are important influences, as well as alcohol and substance misuse, feeling desperate, helpless or without hope.

HOPELINEUK

HOPELINEUK is a confidential support and advice service for:

- Children and Young People under the age of 35 who are experiencing thoughts of suicide.
- Anyone concerned that a young person could be thinking about suicide.

For more information, visit: www.papyrus-uk.org

Are you bereaved by suicide?

The agencies below have years of experience working with many people feeling the same emotions as you are. They can provide you with support, companionship, advice and a listening ear.

AMPARO

Supports anyone affected by a suicide death, whether a recent death or a historical death.

Tel: **0330 088 9255**

Email: referrals@listening-ear.co.uk

Website: www.listening-ear.co.uk/amparo

Twitter: **@AMPARO_LEM**

SOBS (Survivors of Bereavement by Suicide)

A self-help support group for those who have been bereaved by suicide.

Tel: **0300 111 5065**

Email: sobs.support@hotmail.com

Website: <https://uksobs.org/>

Twitter: **@SOBScharity**

For more information about suicide prevention, visit: www.oktoaskcampaign.co.uk

SUICIDE IS PREVENTABLE

**TO
ASK**

OK

**"Are you thinking
about suicide?"**

**A life-saving question –
we don't always ask.**

Let's change that.

www.oktoaskcampaign.co.uk

Suicide is a tragic loss for everyone

Most people find it difficult to talk about suicide, not just in St Helens, but across the UK.

We want to change that.

Whether you're worried about yourself, or someone else, **it's OK to ask.**

Are you concerned about someone?

There's no easy way to ask, "**are you thinking about suicide?**" but it's one of the most important questions you can ask someone who is feeling suicidal.

- You won't put the idea in a person's head if you ask them if they are thinking about suicide.
- If someone tells you they are depressed, or want to end their own life, always take the person seriously, whether they've told you verbally, text you, wrote a letter or even posted a status on social media.
- Prepare for the conversation by putting time aside to focus on them.
- Listen to their reasons for wanting to live or die, but reiterate that living is still an option and that you will help them.

Be honest about why you are asking them, your concern will show them you are genuine.

What NOT to say!

"You're not thinking about doing something stupid?"

Asking a question with "**You're not... are you?**" indicates to the person that you want them to give you a NO answer – meaning you won't get an honest answer. By calling the thought of suicide, 'stupid' it may leave them with no option but to hide their feelings from you, for fear that you think they are stupid.

SUICIDE IS PREVENTABLE



If the person has asked for your secrecy as a condition of telling you that they are feeling suicidal – tell them you **care far too much about them** to keep a secret like this.

Even though you may feel anger or frustration that the person wants to end their life, often people who are feeling suicidal feel like ending their life is the best option, not just for themselves but for everyone. So never respond angrily with, "**FINE, go and do it then,**" or something similar, this will only confirm to them that you are better-off without them.

Are there any warning signs?

They are not always obvious... but when someone is thinking of ending their life, they may do one or more of these warning signs:

- Giving belongings away
- Depressed
- Being withdrawn from usual activities, friends or family
- Neglecting medical advice
- Getting affairs in order
- Reckless behaviour (they no longer care about consequences)
- Saying 'goodbye'
- Changes in sleep
- Talking about being a burden or having no sense of purpose
- Self-harm
- Increased substance misuse
- Talking about wanting to die
- Personality change

If someone you know can't cope and is feeling suicidal – here are the options for support;

Tell them to contact their GP for an emergency appointment (or call NHS 111, if the GP surgery is closed)

Get them to call the St Helens Assessment Team (for ages 18 & over): 01744 621 688
Available 24 hours a day, seven days a week.

Call the CAMHS Assessment & response team (for ages 18 & under): 01925 579 405
Available 9am to 9pm, seven days a week.

Call SAMARITANS: 116 123
A free-to-call service available 24 hours a day, 365 days a year if you want to talk to someone in confidence. You can also email: jo@samaritans.org