

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 – it's one of the reasons why some people who are in need of help, don't always ask.

Together we can change that.

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 that they 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.

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)

SUICIDE IS PREVENTABLE



www.oktoaskcampaign.co.uk
St.Helens Suicide Prevention Action Group

The Facts

- 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 ¹
- In the UK, the highest suicide rate was for men aged 45-49 ¹
- The suicide rate for women in their early 20s in the UK, is the highest it's been for 20 years ¹
- In the UK, men are three times as likely to take their own lives than women. ¹
- Each death by suicide affects at least another 20 people. ²
- The cost of each suicide in the UK is £1.67 million ³

1. <https://www.samaritans.org/about-samaritans/research-policy/suicide-facts-and-figures>
 2. https://www.who.int/mental_health/prevention/suicide/suicideprevent/en/05.htm
 3. <https://publications.parliament.uk/pa/cm201617/cmselect/cmhealth/300/300>

It's OK to ASK for help

If you're feeling suicidal – you may feel hopeless and think that suicide is your only option... But it's not – living is an option too! There are so many support agencies that can guide you, help you see other options and get the recovery and support you need.

- **Take one day at a time**, book an appointment with your GP or tell someone how you have been feeling.
- **Talking to someone** is the first step to staying safe, getting help and developing a sense of hope.
- If you're in a place where you feel there is no other option, **go straight to Whiston A&E or call 999 – YOU WILL BE TAKEN SERIOUSLY.** If you're drinking alcohol or using drugs, try to limit your use of them, until you can get professional help – they can make you feel worse.
- **Try not to be alone with your thoughts** – find things to distract you from negative thinking – go for a walk, visit a friend, listen to uplifting music – remind yourself that it's OK that you are having these thoughts – but that you are **NOT** going to act them out.
- Sometimes it's easier to open up to someone you don't know, **you could call Samaritans on 116 123** – they're available 24 hours to listen to your worries and provide you with advice about your mental health.
- If you don't want to speak to someone on the phone, you can **text SHOUT to 85258** in the UK to text with a trained Crisis Volunteer.

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 (18 and over): 01744 621 688
Available 24 hours a day, seven days a week, 365 days a year for people experiencing a mental health crisis – such as feeling suicidal.

Call the CAMHS Assessment & Response Team
(if the person is 18 years old or under): 01925 579 405
Available 9am to 9pm, seven days a week.

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

“Are you thinking about Suicide?”

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

Let's change that.

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