

**It's hard to know where to start.**

If you're struggling to start the conversation - get in touch today.

**HOPELineUK 0800 068 41 41**

## **Suicide is the act of intentionally ending your life.**

If you're reading this because you have, or have had, thoughts about taking your own life, it's important you ask someone for help. It's probably difficult for you to see at this time, but you're not alone and not beyond help.

Many people who have had suicidal thoughts say they were so overwhelmed by negative feelings they felt they had no other option. However, with support and treatment they were able to allow the negative feelings to pass.

## **Getting help**

If you are feeling suicidal, there are people you can talk to who want to help:

- speak to a friend, family member or someone you trust as they may be able to help you calm down and find some breathing space
- call the [Samaritans](#) 24-hour support service on 08457 90 90 90
- go to, or call, your nearest accident and emergency (A&E) department and tell the staff how you are feeling
- contact [NHS 111](#)
- make an urgent appointment to see your GP

**Find out more here:**

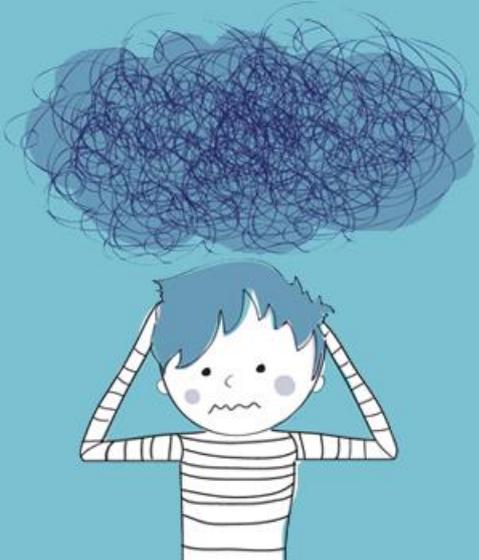
<http://www.nhs.uk/conditions/Suicide/Pages/Introduction.aspx>

# How to ask a young person if they are feeling suicidal

If you are concerned about a young person, trust your instinct and encourage them to talk to you. Talking about self destructive feelings and suicide does not make it more likely to happen, in fact it can and often does reduce the risk of suicide. Many young people feel really isolated with their thoughts of suicide and do not feel that they are able to tell anyone. Young people often tell us that they are worried about telling someone close to them that they are having suicidal thoughts. Young people mention many barriers for example;

- Fear of the look on that persons face
- Fear of worrying their parents/carer/friend
- Fear of people taking over
- Fear of not being listened to Fear of being judged
- Fear of not being taken seriously

Asking a young person if they are feeling suicidal can often be a huge relief as it finally allows that young person to tell someone how they really feel. By asking a young person about suicide tells that young person that you are someone they can talk to, that you are not frightened of the subject.



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**Find out more here:** <http://www.papyrus-uk.org/help-advice/im-worried-about-someone/starting-the-conversation>