

# Keeping safe:

## Managing suicidal thoughts

### Information for patients



If you are feeling very distressed, or you are having thoughts about harming yourself or taking your own life, it is very important you ask someone for help.

It may feel that the really distressing feelings will never go away, or you cannot be helped – but you are not alone and not beyond help.

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

It is very important that you do not act on these feelings in a way that you may later regret. There are people you can talk to who want to help.

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# 1. Talking to someone about how you feel

- **Ring a friend**

Call someone you feel you can trust and confide in.

- **Contact the Samaritans**

They are a trained group of people who you can talk to in complete confidence if you are feeling emotional distress or are suicidal. They are not only for people who are suicidal; in fact, they encourage people to ring before they get to that stage.

You can phone or email them (24 hours a day, every day of the year) or you can also talk to them in person at a local branch (opening hours vary across branches).

- **By phone: 116 123** (Samaritans UK helpline)
- **By email:** [jo@samaritans.org](mailto:jo@samaritans.org)
- **In person:** visit your local branch. Find your local branch at: [www.samaritans.org/branches](http://www.samaritans.org/branches)

**Central London branch details:**

46 Marshall Street, London, W1F 9BF

Nearest tube station: Oxford Circus

Tel: 020 7734 2800

Open 9am-9pm

- **Make an appointment to visit your GP**

## 2. Getting urgent help and support

If your distress persists and you feel you may harm yourself, there are people who want to help:

- **Go to your nearest 24-hour accident and emergency (A&E) department**

Here you will be provided with appropriate support and assessment by a dedicated team of trained medical professionals **24-hours a day**.

Our Trust's A&E is based at St Thomas' Hospital (near Waterloo). Address: Westminster Bridge Road, London SE1 7EH.

**Your nearest 24-hour A&E is based:**

(To be completed by member of staff providing this leaflet)

- **Ring or visit your GP**

Make an **urgent** appointment to see your GP. They can help you find the right support during a time of crisis. If the practice is closed, they may have an out-of-hours contact number, or alternatively go to A&E.

- **Call your psychology service**

If you are being seen by a psychology service within the hospital, you can also phone them during working hours – typically Monday-Friday, 9am-5pm.

However, please note, they are **not** an emergency or on-call service, so they may not be able to take your call or speak with you immediately

**Your psychology service contact details are:**

(To be completed if service psychologist is providing this leaflet)

- **Ring a family member or trusted friend**

Someone who you feel you could confide in and support you get the help you need.

### **3. Helping yourself when feeling distressed**

In addition to seeking help, the following points are things for you to consider:

- **Think about the consequences that harming myself would have on my family/friends**
  
  
  
  
  
  
  
  
  
  
- **Think about why my life is worth living**
  
  
  
  
  
  
  
  
  
  
- **Other things I can do to help me through those most difficult moments**

## 4. Other services available

There are lots of people and services out there who can help. Here are some contact numbers that may be of use:

### **Childline: 0800 1111**

- This is a free, confidential helpline for children and young people in the UK. Call 24-hours a day, every day of the year. This number will not show up on your phone bill.

### **PAPYRUS: 0800 068 41 41**

- This is a voluntary organisation that supports teenagers and young adults who are feeling suicidal. This is **not** a 24-hour service.

### **Saneline: 0845 767 8000**

- This is a national, out-of-hours mental health helpline, offering specialist emotional support and information to anyone affected by mental illness – including family, friends and carers. It is open 6pm – 11pm, every day of the year.

### **Silver Line: 0800 4 70 80 90**

- This is a free, confidential helpline providing information, friendship and advice to older people. Call 24-hours a day, every day of the year.

