

LET'S TALK ABOUT...

SUICIDE



IF A CHILD OR YOUNG PERSON NEED HELP/SUPPORT STRAIGHT AWAY, YOU CAN CALL 999 OR GO STRAIGHT TO THE NEAREST ACCIDENT AND EMERGENCY DEPARTMENT IF YOU CAN GET THERE SAFELY.

UNDERSTANDING SUICIDAL THOUGHTS AND FEELINGS

Children and Young People can sometimes experience a range of feelings/mental states i.e., Low Mood, Depression, Sadness and Low Self-Esteem. These feelings can become so strong that a Child or Young Person might be unsure what steps to take to feel better. Sometimes, they might resort to the only option they think is available, ending their life. It is important to support Children and Young People to understand that there is hope and people who can support them. Encouraging Children and Young People to share their thoughts and feelings with you or someone they can trust can help them feel less on their own and that it is possible to feel better. They can then develop some helpful ways to cope with their emotions.

WHY DO CHILDREN & YOUNG PEOPLE FEEL SUICIDAL?

All sorts of issues can contribute to people feeling suicidal, e.g., difficult/ upsetting experiences like bullying, abuse, or difficulties within relationships. Sometimes if people have had to cope with several difficult or stressful situations, they can feel overwhelmed and that they cannot cope. Or they might not know why they feel suicidal.

It can be difficult to talk to others about our thoughts and feelings, this can lead to feeling overwhelmed or numb. Expressing our thoughts and feelings in some way can offer relief and reduce thoughts/ feelings of suicide. If it is difficult for your Child or Young Person to talk with someone about how they are feeling they could try writing it down to help them share their feelings and get some support.

SCAN THE QR CODE BELOW!

The information in this leaflet is just a taster of the information, support and advice, The Miracle Foundation can provide for you and your Child or Young Person.



POTENTIAL WARNING SIGNS OF SUICIDE



Low Mood



Talking about Death



Giving away personal items



Isolation

If you would like to find out more or want to get in touch with our organisation, feel free to use your mobile to SCAN the QR code provided to direct you to our organisation's website.

HOW CAN I HELP MY CHILD IF THEY ARE FEELING SUICIDAL?

The following tips and guidance are just some of the ways you can support your Child or Young Person.



1. PATIENCE AND SUPPORT

It is helpful to go at a Child or Young Person's own pace. Take some time with them to develop an understanding of how they feel. Encourage your child to be patient and kind to themselves.



2. ENCOURAGE CONNECTION/DISCUSSION

 They could talk with someone they know; talking to a family member or friend they trust can be helpful. Alternatively, there are services like Childline, Young Minds and Samaritans they can talk to if they would rather talk to someone out with their family/ friends' network.

If talking is difficult, encourage them to spend time with others e.g., friends or family, having a comforting, arm drink, express their feelings in other ways, e.g., crying if they are feeling sad.



3. SUPPORT THEM TO MAKE A SAFETY PLAN

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- Think together of a safe and comfortable place where they can spend some time.
 - If they have access to any alcohol or drugs, try to dispose of these safely. Make sure any medication is hidden or locked away.
 - Ensure all sharp objects that Children and Young People could use to harm themselves is locked away.
 - Discuss with them if they need to talk with their G.P or other Health/ Social Care services.

4. ENCOURAGE CHILDREN AND YOUNG PEOPLE TO COPE, COMFORT/ CARE FOR THEMSELVES

Encourage them to think about what has helped them to cope with their feelings in the past. Focusing on positive activities, thoughts, memories, and feelings can help to shift their focus away from suicidal thoughts even if this is for a short while to begin with. This kind of process can help them become aware that they can change/ cope with their feelings.



Some examples could be focusing on their body rather than their mind such as:

- Focusing on your breathing can help your body and mind relax.
- Listen to their favourite music/ radio station.
- Create a comfort box with lots of goodies they can enjoy and that help connect to the 5 senses in a positive way; See, Touch, Smell, Hear, Taste; some examples are photos of people they care about/ positive memories, snacks, chocolate, comfort toys, stress ball, rubber bands, scented candles, things they can pamper themselves with, scented hand lotion, bubble bath or nail varnish etc.



SELF-CARE

Self-care is extremely important. It is all about taking time out to look after yourself and your child or young person.

Taking care of yourself mentally and physically can be beneficial by identifying some distractions from emotions you are feeling.

Some examples for all the family could be:

- Going for a Walk
- Listening to a Podcast or Music
- Cooking or Baking
- Sketching
- Painting
- Meditation/ Yoga
- Reading a Book
- Taking a Nap



CAN YOU THINK OF ANYMORE?

REACHING OUT FOR HELP!

It is important to remember you are not alone. There is no shame with reaching out to a trusted friend, family member or adult.

There are also trained specialists and professionals who are here to support you and anyone else who are having suicidal thoughts.

The Miracle Foundation have a great team of counsellors and art therapists that can help you. We are here to support and help you when you are struggling through difficult times.

The Miracle Foundation SCIO are a bereavement and trauma organisation for Children and Young People between the age of 4 and 18 years old. We have a great team of counsellors and art therapists that can help you deal with the thoughts and feelings you are experiencing. We will help you develop healthy techniques to deal with your emotions, build on your emotional strength and provide you with a hope for the future. We are here to support and help you when you are struggling during difficult times.

USEFUL CONTACTS

If someone is at risk of coming to harm, the services would need to get in touch with emergency services or appropriate authorities.

CHILDLINE

A confidential service, operating times can be found on the website.

TEL: 0800 1111

ONLINE COUNSELLING: 1-2-1 chat

SAMARITANS

Whatever you are going through. Samaritans can be called any time, from any phone for free.

TEL: 116 123

SHOUT

A free confidential and anonymous service available 24/7.

TEXT: 85258

If you are over 16

BREATHING SPACE

A free, confidential, phone service for anyone in Scotland over the age of 16 experiencing low mood, depression, or anxiety.

TEL: 0800838587

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