

SUICIDE



IF YOU 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



Sometimes people can feel depressed, very sad or down and these feelings can become strong. It might be difficult to know what to do to help you feel better. You might think that your only choice is to end your life. However, there is hope and people who can support you to feel better. Sharing how you are feeling with someone can help you to feel less on your own and that it is possible you can feel better. Often after people take the step to talk with someone they start to feel better.

WHY DO I FEEL SUICIDAL?

All sorts of issues can contribute to people feeling suicidal, e.g., difficult/ upsetting experiences like bullying, abuse, or difficulties with 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 to talk with someone about how you are feeling you could try writing it down to help you share your feelings and get some support.



POTENTIAL WARNING SIGNS OF SUICIDE



Isolation



Giving away personal items



Low Mood



Talking about Death



COPING WITH FEELING SUICIDAL

The following tips and guidance are just some of the ways you can help yourself.

1. TALK TO SOMEONE

It can be someone you know; talking to a family member or friend can be helpful. There are also services like Childline, Young Minds and Samaritans that you can talk to if you would rather talk to someone out with your family/ friends' network.



2. THINK ABOUT WAYS TO COPE

Think back to ways in the past that have helped or focus instead on any positive activities, thoughts, and feelings.

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

- Breathing Exercises
- Taking a Hot Bath
- Doing Exercise e.g., Yoga, Running etc.



3. MAKE A SAFETY PLAN

Remember to keep yourself safe:

- Think of a Safe Place you can go.
- If you have any alcohol or drugs, try to dispose of these safely. Make sure any medication hidden or locked away.
- Ask someone to lock away all sharp objects that could be used to harm yourself.
- Contact a family member, friend, neighbour, or anyone you can trust and confide in to talk about feeling suicidal.



4. COMFORTING/ CARING FOR YOURSELF

Listen to your favourite music/ radio station, make a comfort box with lots of goodies you can enjoy! E.g., these can be things like photos of people you care about, snacks, comfort toys, things you can pamper yourself with, bubble bath, nail varnish.



5. GET CREATIVE

Use colouring books, art materials, make your own comfort toy, decorate your comfort box with wrapping paper, glitter, or paints.

Encouraging yourself to feel relaxed and emotions like joy, satisfaction and happiness can help rebalance our emotions. This can give you more energy to cope with any difficulties.



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.

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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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