

Other useful websites / organisations

Connect CAMHS Central Referral Hub:

- Stoke & Staffs: Tel: 0300 123 0907, Option 4
- Stafford: Tel: 01785 221 665 (Option 1 for out of hours)
- Hopeline UK. Tel: 0800 068 4141
- mind.org.uk
- peaceofmind.help
- papyrus-uk.org
- youngminds.org.uk
- childline.org.uk
- speakingofsuicide.com
- nhsdirect.nhs.uk
- samaritans.org.uk
- barnados.org.uk

The most important thing is that you speak to someone.

If you cannot wait to speak to someone, Samaritans offer a 24/7 call line where you can talk in your own way and off the record about whatever's going on. Their number is 116 123.



We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

www.nsmind.org.uk

A Young Person's Guide to

Suicidal Thoughts



North Staffs

Why am I having suicidal thoughts?

Sometimes suicidal thoughts can happen for no reason at all.

Other times, something may have happened to you which has upset you a great deal.

Here are some reasons that young people have given:

- Splitting up with my girlfriend or boyfriend
- Feeling ashamed of something I've done
- Feeling ashamed of something that's not my fault
- Someone close to me has died
- Being bullied or experiencing abuse
- Not getting the exam results I wanted
- Problems at home and/or domestic violence
- Not being able to live up to people's expectations
- Feeling confused about my sexuality
- Taking too many drugs or drinking too much alcohol



Taking a step back from your thoughts

We experience thousands of thoughts every day. If certain thoughts become more frequent, they can become very convincing and may even appear to be true.

Begin to see that you are not your thoughts. The more you are able to distance yourself from particular thoughts, the less convincing they will seem.

What to avoid

Avoid alcohol and drugs. Although at first they may give you a lift, they are known to make people feel worse in the long run. Under their influence, you may do things or make decisions you would not normally make.

Avoid any risk-taking behaviour. Don't leave the decision as to whether you live or die up to chance. Take precautions to reduce the chances of risky situations taking place. Don't be pressured by other people into doing risky things.

Avoid impulsive behaviour. One study of people who attempted suicide found that 48% thought of suicide for fewer than ten minutes before making the suicide attempt. Had they waited a little longer, then the intense impulse to act on suicidal thoughts might have passed. Take some time to rest and have something to eat.

Have you thought it through?

Think about the consequences. Really consider what would happen if you actually took your own life. There is no going back from suicide. You won't be able to help others who feel the same way, and it can be extremely traumatic for the person who finds your body.

The effect of suicide on friends can be overwhelming. Of all the different ways of dying, suicide is the most difficult for those who are left behind to cope with.



You are not alone. There are people who can help

Find an adult who you can trust. They could be a:

- Family member
- Teacher or support staff
- Family friend
- Club leader
- Counsellor