

Suicide Prevention Thinking about suicide?

- **Be honest with yourself** - Many people consider suicide at some point in their life
- **Talk to someone** - Do not keep suicidal feelings to yourself, please reach out, *It is okay to ASK for help*
- **You do not have to be alone** - Someone out there wants to listen
- **Be aware** - Alcohol and drugs can often make things worse
- **Keep yourself safe** - Agree with yourself and someone else that you will try not to act on your suicidal thoughts, as further help is being arranged
- **Get help** - Make an urgent visit to or contact your GP, or go to A&E, or see EASTSPACE for help <http://www.eastspace.org.uk/default.asp?page=11>
- **Remember** - People do get through this

Worried about someone else?

- **Be alert** - Not everyone who thinks about suicide will tell someone, but there may be warning signs
- **Be honest** - Tell the person why you are worried about them and ask about suicide. Tell them you want to know how they really are, and that it is okay to TALK about suicide
- **Listen** - Just listening is one of the most helpful things you can do. Try not to judge or give advice
- **Get them some help** - It is ok if you do not know how, the EASTSPACE site will help you <http://www.eastspace.org.uk/default.asp?page=11>
- **Take care of yourself** - You may find it helpful to discuss your feelings with another friend, or a confidential service