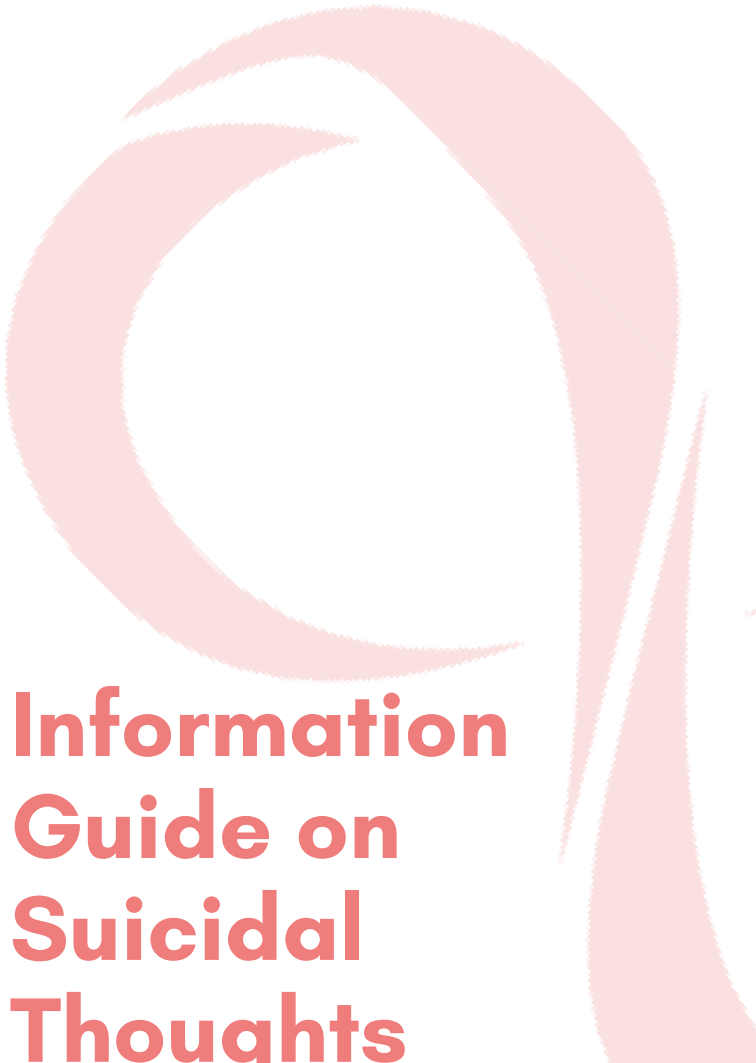




Information Guide on Suicidal Thoughts

What are Suicidal Thoughts?

Suicidal thoughts can range from ideas of “wanting everything to stop”, to detailed plans about ending your life. Suicidal thoughts are a way of your mind telling you things are not right the way they are. These thoughts/feelings are a natural response to trauma.

How can you be affected by this?

- When you have experienced trauma it may cause overwhelming emotions that may make you feel like you cannot cope any longer.
- You may not want to die, but you may feel like it is impossible to imagine life without this pain or like it will not get any better.
- You may feel like suicide is a way of escaping from overwhelming pain and distress; or as a way of taking back control.

- Having these thoughts can be exhausting and can be very frightening.
- You may feel like you are completely alone with these feelings.
- Having these thoughts and feelings is okay, but if you are thinking about how you may end your life or have had attempted to in the past, then it is important you get help.

Remember that anyone can feel like this in their lifetime. Although these feelings may feel overwhelming right now, you can heal from the trauma you have experienced, and it won't feel like this forever.

What can you do?

- It may be helpful to talk to someone. Sharing how you feel can help to come to terms with these feelings and help manage them. You could talk to a trusted friend/relative, partner, your GP, a mental health worker or support service or our helpline (see further help and support page).
- If you feel you need to talk to someone in a crisis, for instance in the middle of the night, there are a number of organisations that can help such as: Samaritans, Mind, (see further help and support page).
- If you don't feel like you can talk to someone, try writing down how you are feeling.
- Try and focus on what has stopped you acting on your thoughts before. What reasons do you have to carry on living?

Try to avoid:

- Being alone as this can make the thoughts worse or more intense. Try to keep distracted, speak to someone, write things down
- Using alcohol and/or drugs as these lower your inhibitions and can make you act impulsively
- Driving
- Things that make you feel upset. This could be listening to certain music, looking at photos

If you are struggling with suicidal thoughts, try filling out the safety plan on the next page. Keep the plan where you can easily find it when you'll need it. And remember, these feelings will pass.

My Safety Plan

1

My warning signs are:

*These can be thoughts, feelings or behaviors that indicate you are at risk.

2

My effective coping strategies are:

*These are things you can do to help lift your mood, like meditation or exercise.

3

People I can reach out to for distraction:

4

People I can reach out to for help:

5

Steps I can take to make my environment safer. Please list:

6

In the event of a crisis:

Call Crisis Helpline:

e.g. Samaritans (more services on the next page)

Call Emergency Services: 999

Further Help and Support

RASAC provides further information via our website and helpline service which can be contacted via calling or email | 0300 303 4787 | www.rasac.co.uk | helpline@rasac.co.uk

Rape Crisis England and Wales | 0808 500 2222 | 24/7 Support line | www.rapecrisis.org.uk | Live chat via their website

Samaritans is a charity supporting anyone struggling with their mental health | www.samaritans.org | 116 123

Childline offers mental health support to children via calls, online webchat and email | www.childline.org.uk | 0800 1111

Kooth is an online platform supporting young people with their mental health | www.kooth.com

Single Point of Access (SPA)

- Kirklees and Calderdale: 01924 316830
- Wakefield - 01924 316900

NHS Talking Therapies | 01484 343700 | www.southwestyorkshire.nhs.uk/services/iapt-kirklees/

Rape and Sexual Abuse Centre Kirklees, Calderdale and Wakefield

PO Box 230
Huddersfield
HD1 5UY

Helpline: 0300 303 4787

Websites: www.rasac.co.uk

Email: helpline@rasac.co.uk

