

NO LiMiTS

**Helping Young People
Help Themselves**

MANAGING SUICIDAL THOUGHTS

**Information on suicidal thoughts
and tips to help you get through**



If you find yourself in a crisis

Emergency services

If you are at immediate risk or harm,
phone 999 and ask for an ambulance

Samaritans

Phone 116 123

Childline

Phone 0800 1111

Shout

Text 'HANTS' to 85258

What are suicidal thoughts?



Suicidal thoughts are when someone thinks about ending their own life, are thinking that they don't want to be alive, or thinks that the world would be better off without them.

These thoughts can affect anyone and they will be different for everyone who experiences them. Some people may just think about not being alive, while some people may make plans to end their own life. Thoughts can build up gradually over time, though some people may get them suddenly.

Why do people experience suicidal thoughts?

People experience suicidal thoughts for lots of different reasons, including:

- Life events, such as the death of someone close to them, a relationship break-down, losing a job or having health or financial difficulties.
- Facing challenges around their personal identity, like their sexuality.
- Experiencing abuse, neglect or physical harm.
- Feeling like they don't have a purpose, or feeling like they are alone.
- Drinking alcohol and using substances.

There is no right or wrong reason for having suicidal thoughts. There may also be cases where people feel they are experiencing them for no reason at all.

Whatever the reason, these feelings are always valid and no matter how bad it gets, there is always someone out there who can help you.

What can I do if I'm having suicidal thoughts?

Talk to someone you trust

Speaking to someone about how you are feeling can be such a tough thing to do, but it's an important way of making sure you get the help you need. Remember, asking for help is not a sign of weakness, but a sign of strength.



Think about some people you could talk to if you're struggling. This could be a friend, family member, your teacher, a health professional or your GP, or a No Limits worker.



Spend time looking after yourself

Try going for a walk and getting some fresh air, or having a bath or shower. These things are good for clearing your head and having a reset. You could also watch your favourite film, listen to your favourite song or read a book to take you to a place far away from the world.

Think about what you enjoy

It might be hard to have positive thoughts, but it can be helpful to try and think about what makes you happy, what you're thankful for or what you enjoy doing. Whether that's spending time with friends and family, taking your dog for a walk, or even the comfort of your own bed, try distracting yourself by doing something that makes you happy.



Make a self-soothe box

A box full of things to distract yourself and keep you calm can be really helpful. Put things in the box that will make you happy, like pictures of family and friends, or your favourite book. Try and include sensory things in the box to distract you, like headphones to listen to music, a special teddy or blanket to hold and something that smells nice and relaxes you.

Focus on now

Think about right now. Get yourself through each minute and remind yourself that these thoughts will pass.



Trying mindfulness techniques like colouring, a slow walk in fresh air, or breathing exercises can help you to focus on what you can see right now, what you can feel, hear and smell.

Find out more about mindfulness from Mind: [mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness](https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness)



Think about reasons to carry on

If you can only think about the future, think about reasons for you to carry on with life. Will your favourite sports team win their next game or make that new signing? What will happen in the next episode of your favourite show? Or are you waiting for a new song or album to come out? Use these as milestones to get to and be proud when you get there.

Be around other people

You might find it difficult to open up and talk to someone, but try not to spend too much time alone. Instead, go somewhere where you can be around people, such as a friend's house, a shopping centre or a park. Being around people can help you feel safe and provide you with an opportunity to talk about how you're feeling if you feel like you want to.



How can I help someone who is experiencing suicidal thoughts?

If ever someone has attempted to end their life, call 999 immediately and stay with them until the ambulance arrives.

If you're worried that someone is going to attempt to end their life, get rid of anything they could use to do this, stay with them and get emergency help.

Let them know you're there

Making sure they know that they're not alone is really important. Suicidal feelings can be overwhelming and you can feel really isolated from everyone, even if you're surrounded by people, so telling them they have someone they can go to will help keep them connected.



Listen

Hear what they have to say and listen without judgement. It takes a lot for someone to open up about how they're feeling, especially if they're talking about ending their life.

Reassure them that their feelings are valid

They may be feeling embarrassed because they're finding things difficult, or be worried about being judged. It might help to remind them that the way they are feeling is okay and that they shouldn't feel ashamed. This may also help them to open up about how they're feeling.



Keep checking in on them

Regular contact means they have a regular place to say how they're doing and how they're feeling. If someone feels they don't have anyone to talk to, they may bottle up their feelings which could make things worse.

Support them to get further help

If you're worried about them, try and support them to reach out for further help from a professional, like their GP or a No Limits worker. Getting support from somewhere can be daunting, even if it's the right thing to do, so helping them with practical things like making contact or booking appointments can be a big help.



Look after yourself too

You can feel a lot of responsibility for looking after someone, especially if that person is close to you, so it can weigh down on you. Make sure you give yourself time to breathe, relax, de-stress and talk to someone if you need to. Sometimes you might need to prioritise yourself over others, but that is okay. Remember, you can't look after someone well if you're not looking after yourself.

Want to talk to No Limits?

We offer free, confidential information, advice and support for young people under 26 in Southampton, Hampshire, Portsmouth and the Isle of Wight.

Advice Centre

Open six days a week, come down and talk to a trained youth worker about any issue you have, without needing to make an appointment.

Address

13 High Street
Southampton, SO14 2DF

Opening times

Mon 10am-5pm | Tue 10am-5pm
Wed 1:30pm-8pm | Thu 10am-8pm
Fri 10am-5pm | Sat 10am-1:30pm



Advice Centre

nolimitshelp.org.uk/advice-and-wellbeing-hub/advice-centre

Mental Health Support

We offer a broad range of mental health and wellbeing support, covering our whole area.

Support includes:

- Counselling
- One-to-one or group work with a youth wellbeing practitioner
- Three out-of-hours Safe Havens across our area
- Mental health transition support for 16-25 year olds
- Social prescribing



Mental Health Support

nolimitshelp.org.uk/mental-health-and-wellbeing

Find out more

nolimitshelp.org.uk | 02380 224 224 | enquiries@nolimitshelp.org.uk

Other organisations

If you want to talk to No Limits, our information is on the previous page, but you can also contact these organisations for support.

All support is available 24/7, 365 days a year.

Papyrus

Phone service for people under 35 experiencing suicidal thoughts. Call the Hopeline on 0800 068 4141.

Samaritans

Phone line on **116 123**. This is a listening service and they won't offer you advice or information.

Shout

Anonymous text service for people experiencing a mental health crisis. Text 'HANTS' to 85258.

I want to find out more



CAMHS

hampshirecamhs.nhs.uk/help/young-people/yp-2



YoungMinds

youngminds.org.uk/young-person/my-feelings/suicidal-feelings



Mind

mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/about-suicidal-feelings



CALM

thecalmzone.net/guides/suicidal-thoughts



You matter

**Don't let your
story end**

