

**Struggling
to find a reason
to stay alive?
It's not uncommon
to feel like this.**

**It's OK
to talk**

**There is no
shame in seeking
help when you are feeling
stressed, depressed or
experiencing a crisis**

**www.prevent-suicide.org.uk
/find_help**

**Difficult
talking about it?
Struggling to cope?
Feeling alone?
Need someone to listen?**

**It's OK
to talk**

**Are you
experiencing
suicidal thoughts?**

**Download the free Stay Alive
app onto Android Smartphone
or iPhone**

**To find support and tools
to help you stay safe**

**Thinking
about suicide?
You're not alone.
Stay safe. Get help.**

**It's OK
to talk**



#stayalive



Thinking about suicide?

Wait – Decide not to do anything right now to hurt yourself. You do not have to act on your thoughts of suicide. When we are struggling to cope our problem solving skills become much more limited. Your thoughts and feelings CAN change.

Talk to someone – It could be a friend or family member, or a support service of some kind. There are people who want to listen and who can help you.

Find help – Make an urgent visit to your GP or go to A&E. Have a look at the information on this card to find out where else you can go for help.

Try to keep yourself safe for now – Agree with yourself and someone else that you will try not to act on your thoughts of suicide as further help is being arranged.

Make a Safety Plan

Think about what you can do to stay safe



I will talk to:

I will seek help from:

I will calm/comfort myself by:

I will go somewhere I am safe:

My ideas for keeping safe:

Immediate support in East Sussex

Samaritans Freephone: 116 123 Hastings (01424) 436666 and Eastbourne (01323) 735555 Email: jo@samaritans.org

A&E – Conquest Hospital, St Leonards-on-Sea TN37 7RD Tel: (01424) 755255 **Eastbourne District General Hospital** BN21 2UD Tel: (01323) 417400.

If you feel you are in immediate danger call 999 or call 111 for a non-emergency.

Ongoing support

Counselling Partnership – Support for Survivors of Suicide (01273) 519108 Email: counselling@sussexcommunity.org.uk

Community Network of recovery-focused services, find more information at www.southdown.org

Mental Health Directory of Community Support www.eastsussex.gov.uk/socialcare/healthadvice/mental-health/directory/

Online resources www.prevent-suicide.org.uk/find_help

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're worried about them, and ask about suicide. Tell them you want to know how they really are, and that it's OK 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's OK if you don't know how; the ideas in this leaflet can get you started.

Take care of yourself – You may find it helpful to discuss your feelings with another friend, or a confidential service.

Thinking about suicide?



Download the free app to help you **#StayAlive**



GRASSROOTS
SUICIDE PREVENTION

