

Keeping safe

Here are some things you could include in a safety plan:

- Warning signs and triggers - write down what thoughts and feelings happen before you start to have thoughts of suicide.
- What you might need to do to make yourself safer - like throwing away razor blades, or asking someone you trust to keep your medication for you.
- Activities you can do to calm and soothe yourself - like going for a walk, writing down reasons to live, create a hope box that has positive things inside like pictures and messages from loved ones.
- What you have done in the past that has helped.
- Name at least three friends or family members you feel comfortable talking to on your plan so you can ring them if you need to.
- Emergency helpline details.

Urgent help

If you feel like you can't keep yourself safe right now, call 999 or go straight to A&E



Get more information

If you'd like more information about our services (including drop-in mental health support at Nook Newcastle and Gateshead) visit our website:

www.everyturn.org/cyp

Get in touch with us if you'd like to speak to someone about which support might be right for you:

Tel: 0191 217 3222

Email: CYPadmin@everyturn.org

Everyturn Children & Young People's Services
The Beacon
Westgate Road
Newcastle upon Tyne
NE4 9PQ

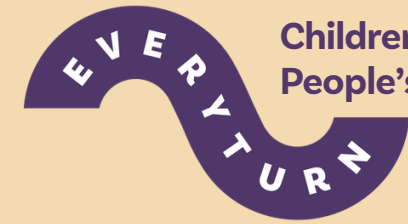


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Children & Young
People's Services

Guide to suicide awareness

For people aged 11-25



What is suicide?

Suicide is intentionally ending your own life.

Having suicidal feelings can mean having thoughts about ending your life or making clear plans to take your life. It can also mean having thoughts that people would be better off without you or that life is not worth living.

Not everyone who has suicidal thoughts tries to or wants to end their lives. A lot of the time, people just want to stop feeling the way they are feeling.

Let's be clear:

- Suicide is preventable.
- Using the word suicide does NOT put the thought in someone's head or make it more likely to happen.
- People who talk about suicide, or have suicidal thoughts, are not attention-seeking.
- Not everyone who has suicidal thoughts is mentally ill.



Why might someone feel suicidal?

Suicidal feelings can impact anyone, of any gender, age, race, or background.

Someone might feel like they can't see a way out of a situation, or that they can't cope with their struggles. Others have suicidal feelings and aren't sure why.

You can't always tell when a loved one or friend is considering suicide, but there are some signs you can look out for:

- Withdrawing from friends or family.
- Feeling hopeless or worthless.
- Using alcohol or drugs to cope with feelings.
- Finding it hard to cope with everyday life.
- Feeling overwhelmed or 'burnt out'.
- Not wanting to do things they usually enjoy.
- Sleeping more or less than usual.
- Being low in energy.
- Self-harming.

Useful contacts, websites, and apps:

- Samaritans - 116 123
- NHS - call 111 (choose option 2)
- Papyrus - 0800 068 4141
(www.papyrus-uk.org)
- Childline - 0800 1111
- www.stayingsafe.net
- Stay Alive app
- Hub of Hope app



How can I help myself if I'm feeling suicidal?

- ✓ Tell someone how you're feeling.
- ✓ Write down your reasons for living.
- ✓ Do something to distract yourself.
- ✓ Write down the names of everyone you love and everyone who loves you.
- ✓ Focus on your senses and your breathing.



We offer free, confidential counselling for people aged 11-25.
Info here: www.everyturn.org/cyp

How can I help someone else who's feeling suicidal?

- ✓ Listen non-judgmentally and encourage them to talk about how they're feeling.
- ✓ Remind them that you care about them and they aren't alone.
- ✓ Encourage the person to get professional help.
- ✓ If they're in immediate danger of killing themselves, call 999.
- ✓ Talk to a trusted adult about your worries about your friend.