

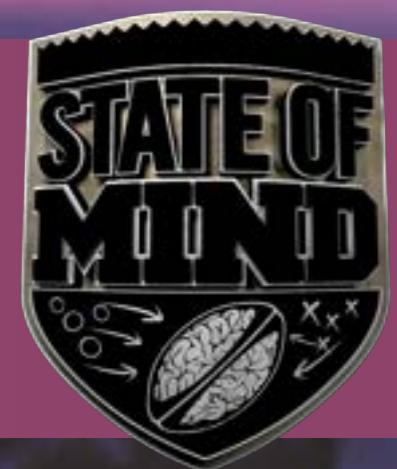


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SUICIDAL FEELINGS

Practical Guidance

First Published: January 2020



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I HAVE NO OTHER OPTION... DO I?

HELP IS ALWAYS AVAILABLE IF YOU ARE FEELING SUICIDAL.
THERE ARE PEOPLE YOU CAN TALK TO WHO WANT TO HELP.

Many people who have had suicidal thoughts say they were so overwhelmed by negative feelings they felt they had no other option.

However, with support and treatment they were able to allow the negative feelings to pass.

Things to consider and remember...

SUICIDE IS
THE ACT OF
INTENTIONALLY
ENDING YOUR
YOUR LIFE

IF YOU'RE
READING THIS
BECAUSE YOU
ARE HAVING,
OR HAVE HAD,
THOUGHTS ABOUT
ENDING YOUR LIFE
IT'S IMPORTANT
YOU ASK
SOMEBODY FOR
HELP

IT'S PROBABLY
DIFFICULT FOR
YOU TO SEE AT
THIS TIME,
BUT YOU ARE
NOT ALONE
AND YOU ARE
NOT BEYOND
HELP

SUICIDAL
THOUGHTS
ARE NOT
PERMANENT -
THINGS DO
IMPROVE

THERE IS NO RIGHT OR WRONG WAY
TO TALK ABOUT SUICIDAL FEELINGS -
JUST START THE CONVERSATION

YOU DESERVE SUPPORT,
YOU ARE NOT ALONE -
THERE IS SUPPORT OUT THERE FOR YOU

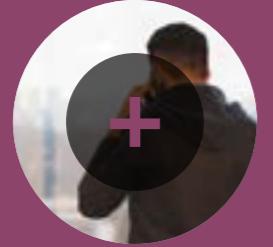
YOU CAN FIND YOUR
MOTIVATION TO LIVE AGAIN

WHAT CAN I DO ABOUT THESE FEELINGS? Some simple dos and don'ts you can follow...



TELL SOMEONE

DO talk to someone you trust - family or friend - who can keep you safe and offer support. Start the conversation.



CALL HELPLINE

DO phone a helpline. Free helplines are there to help when you're feeling down or desperate. Many are available 24/7.



MEDICAL HELP

DO seek medical help if your life is in danger. If you have seriously harmed yourself, call 999 or go straight to A&E.



FOCUS

DO just focus on getting through today. Try not to think about the future - that's for another day.

DOS



SAFE PLACE

DO get yourself to a safe place - such as a friend's house - somewhere you will be protected and supported.



COMPANY

DO get yourself around other people. You may feel like being alone, but you will benefit from the company of others.



ENJOYMENT

DO allow yourself some enjoyment. Do something you would usually enjoy - such as spending time with a pet.



LIST THEM

DO make a list of all the positive things about you and your life. This might feel hard right now - but try it.



JOURNAL

DO write a positive journal each evening - something you did, you felt good about, or that someone did for you.



USE ALCOHOL

DON'T use drugs or alcohol to cope. Alcohol affects the part of your brain that controls judgement.



ISOLATE

DON'T isolate yourself from others or avoid speaking to other people who you trust and enjoy being with.



TRY TO FIX

DON'T try to solve all your problems today.



STOP DOING

DON'T stop doing the things that you enjoy or that you are good at.

DON'TS



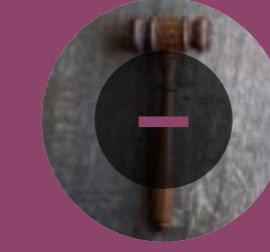
KEEP IT IN

DON'T feel like you are unable to tell someone about your feelings - there is always someone willing to listen.



PRESUME

DON'T presume that people won't understand - they will try to, and will want to help.



FEAR JUDGEMENT

DON'T worry that you will be judged or will upset others. Professionals are trained to listen and help - not judge.



HESITATE

DON'T hesitate to use a support helpline - they are there to listen, support and save lives.



REMEMBER...

...if you are feeling suicidal, there are people you can talk to who want to help.

Someone you Trust Speak to a friend, family member or someone you trust as they may be able to help you calm down and find some breathing space.

Samaritans Call the Samaritans 24-hour support service on 116 123. www.samaritans.org

NHS 111 Call the NHS 111 24-hour service - they can help if you have an urgent medical problem and you're not sure what to do. www.111.nhs.uk

Childline If you are a young person and are feeling suicidal you can call Childline 24-hour confidential support on 0800 1111. www.childline.org.uk

The Silver Line If you are an older person and are feeling suicidal you can call The Silver Line 24-hour confidential support on 0800 4 70 80 90. www.thesilverline.org.uk

Your GP Make an urgent appointment to see your GP and access help and support.