



SUICIDAL FEELINGS

PRACTICAL GUIDANCE

WWW.STATEOFMINDSPORT.ORG/SERVICES

First Published: January 2020, updated January 2026

Prepared by: Dr. Clair Carson, Dr. Allan Johnston, Dr. Phil Cooper MBE, Owen Cotterell



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.



SUICIDAL FEELINGS

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 MIGHT BE 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

DO'S

WHAT CAN I DO ABOUT THESE FEELINGS?

Some simple dos and don'ts you can follow...

TELL SOMEONE	CALL HELPLINE	MEDICAL HELP	FOCUS
DO talk to someone you trust - family or friend - who can keep you safe and offer support. Start the conversation.	DO phone a helpline. Free helplines are there to help when you're feeling down or desperate. Many are available 24/7.	DO seek medical help if your life is in danger. If you have seriously harmed yourself, call 999 or go straight to A&E.	DO just focus on getting through today. Try not to think about the future - that's for another day.

SAFE PLACE	COMPANY	ENJOYMENT	LIST THEM	JOURNAL
DO get yourself to a safe place - such as a friend's house - somewhere you will be protected and supported.	DO get yourself around other people. You may feel like being alone, but you will benefit from the company of others.	DO allow yourself some enjoyment. Do something you would usually enjoy - such as spending time with a pet.	DO make a list of all the positive things about you and your life. This might feel hard right now - but try it.	DO write a positive journal each evening - something you did, you felt good about, or that someone did for you.

USE ALCOHOL	ISOLATE	TRY TO FIX	STOP DOING
DON'T use drugs or alcohol to cope. Alcohol affects the part of your brain that controls judgement.	DON'T isolate yourself from others or avoid speaking to other people who you trust and enjoy being with.	DON'T try to solve all your problems today.	DON'T stop doing the things that you enjoy or that you are good at.

KEEP IT IN	PRESUME	FEAR JUDGEMENT	HESITATE
DON'T feel like you are unable to tell someone about your feelings - there is always someone willing to listen.	DON'T presume that people won't understand - they will try to, and will want to help.	DON'T worry that you will be judged or will upset others. Professionals are trained to listen and help - not judge	DON'T hesitate to use a support helpline - they are there to listen, support and save lives.

WHAT PROFESSIONAL HELP IS AVAILABLE IF I WANT IT?

REMEMBER.... IF YOU ARE FEELING SUICIDAL, THERE ARE PEOPLE YOU CAN TALK TO WHO WANT TO HELP.

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.





STATE
OF MIND
SHARE YOURS

**FIND YOURS
BUILD YOURS
GROW YOURS
EXPAND YOURS
OWN YOURS
NURTURE YOURS
SHARE YOURS**

WWW.STATEOFMINDSPORT.ORG/SERVICES