

# SUICIDAL FEELINGS

## PRACTICAL GUIDANCE

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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.



## 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...

<b>TELL SOMEONE</b>  DO talk to someone you trust - family or friend - who can keep you safe and offer support. Start the conversation.	<b>CALL HELPLINE</b>  DO phone a helpline. Free helplines are there to help when you're feeling down or desperate. Many are available 24/7.	<b>MEDICAL HELP</b>  DO seek medical help if your life is in danger. If you have seriously harmed yourself, call 999 or go straight to A&E.	<b>FOCUS</b>  DO just focus on getting through today. Try not to think about the future - that's for another day.	
<b>SAFE PLACE</b>  DO get yourself to a safe place - such as a friend's house - somewhere you will be protected and supported.	<b>COMPANY</b>  DO get yourself around other people. You may feel like being alone, but you will benefit from the company of others.	<b>ENJOYMENT</b>  DO allow yourself some enjoyment. Do something you would usually enjoy - such as spending time with a pet.	<b>LIST THEM</b>  DO make a list of all the positive things about you and your life. This might feel hard right now - but try it.	<b>JOURNAL</b>  DO write a positive journal each evening - something you did, you felt good about, or that someone did for you.

# DON'TS

<b>USE ALCOHOL</b> DON'T use drugs or alcohol to cope. Alcohol affects the part of your brain that controls judgement.	<b>ISOLATE</b> DON'T isolate yourself from others or avoid speaking to other people who you trust and enjoy being with.	<b>TRY TO FIX</b> DON'T try to solve all your problems today.	<b>STOP DOING</b> DON'T stop doing the things that you enjoy or that you are good at.
<b>KEEP IT IN</b> DON'T feel like you are unable to tell someone about your feelings - there is always someone willing to listen.	<b>PRESUME</b> DON'T presume that people won't understand - they will try to, and will want to help.	<b>FEAR JUDGEMENT</b> DON'T worry that you will be judged or will upset others. Professionals are trained to listen and help - not judge	<b>HESITATE</b> 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](http://www.samaritans.org)

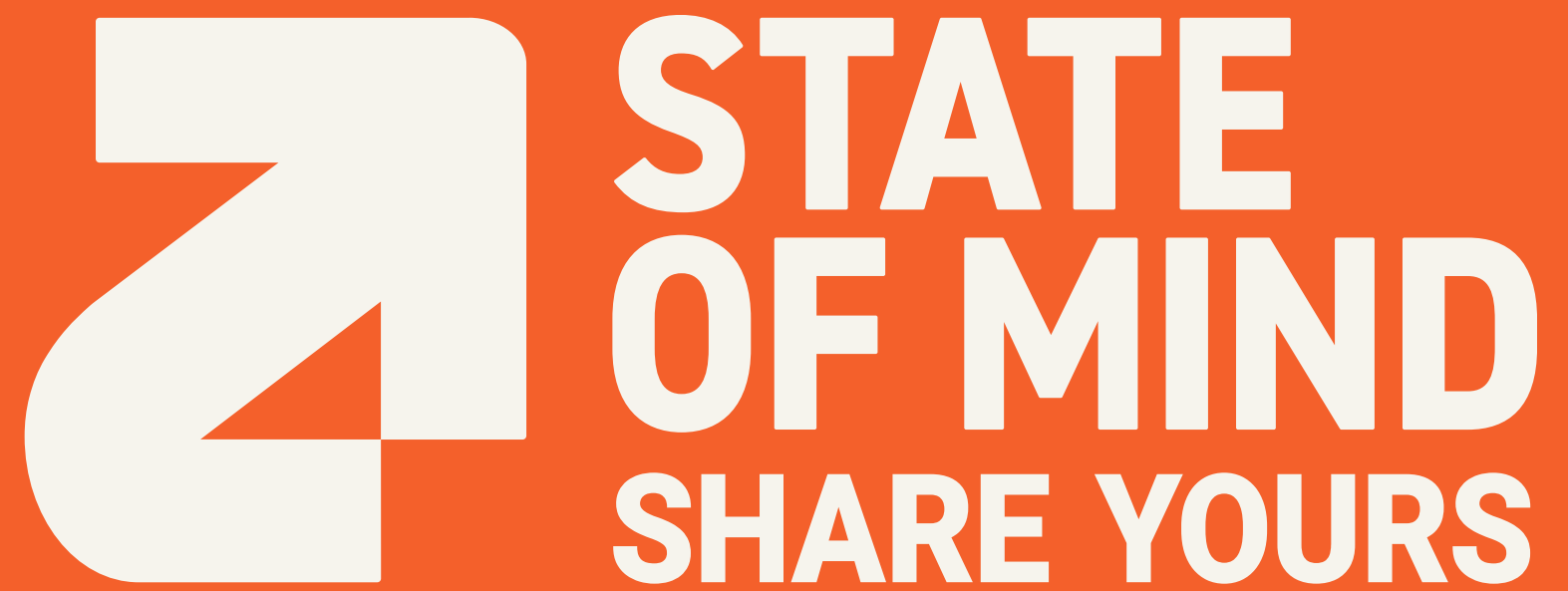
**NHS 111** Call the **NHS 111 24-hour service** - they can help if you have an urgent medical problem and you're not sure what to do. **[www.111.nhs.uk](http://www.111.nhs.uk)**

**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](http://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](http://www.thesilverline.org.uk)**

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





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

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