

Suicide prevention

I'm at risk of suicide

This leaflet is for those who may be at risk of suicide. Many people struggle to cope at some point in their lives, so if you're currently feeling this way, you're not alone and we're here for you.



Thoughts of hurting yourself, or even taking your own life can be overwhelming and frightening, so **wait**. With the right support, those thoughts and feelings can change.

Please follow our advice below to stay safe:

Talk to someone and stay safe

Reach out for help and support. You could turn to a work colleague, a family member, a friend or a support service, but just know that there are people who care and will listen to you.

Please refer to the 'getting help' section of this leaflet which will provide you with the relevant contact details so you can get the support you need. There are also text services available if you feel unable to talk.

Using mindfulness and breathing techniques can be helpful and calming:

- There are many apps out there to help you practice mindfulness. We like:
 - [Headspace \(www.headspace.com\)](http://www.headspace.com)
 - [Calm \(www.calm.com\)](http://www.calm.com)
 - [Balance \(www.balance.com\)](http://www.balance.com)
- Breathing techniques:
www.ben.org.uk/breathingtechniques

Try not to be alone

If you can, go where there are other people around and where you feel safe.

Think about the reasons to stay alive

These reasons will be personal to you, but it could be loved ones such as family and friends, pets and work. Write these down in your safety plan on the next page.

Make your own safety plan

A suicide prevention safety plan is a plan that you can complete to keep yourself safe when you feel like you're struggling or in crisis.



Suicide prevention safety plan

If you are feeling suicidal, follow this plan one step at a time. Keep the plan somewhere you can easily find it. It may be helpful to make a note (on the safety plan) that by following your plan you are giving yourself the best chance of these feelings passing.

Who will I talk or reach out to?

What services will help me?

What are my warning signs or triggers that make me feel more out of control?

What have I done in the past that helped me to cope?

How will I keep myself calm?

What's my safe space?

What are my reasons for living?

Getting help

Emergency support

If you feel you might want to or that you want to act on suicide thoughts, please do the following:

- Call 999
- Visit your nearest Accident and Emergency (A&E) department and explain that you are thinking of suicide
- Call 111 if you can stay safe for now but you still require urgent support.

If you need support but you don't feel like you're currently in an emergency situation, or in crisis, then contact Ben:

Ben's helpline

You can chat with us online or call our helpline. It's free & confidential and available **Monday to Friday - 8am to 8pm.**

Call - **08081 311 333**

Email - supportservices@ben.org.uk

Chat online - [click here](#)

You can also **request a call back** from our helpline at a time that suits you between our operating hours. Find more ways we can support you [here](#).

National crisis support

Samaritans

Emotional support for those struggling to cope, or at risk of suicide.

Opening hours: 24/7

Call: **116 123**

Calm

UK wide service for those looking to talk.

Opening hours: 5pm-midnight

Call: **0800 58 58 58**

Sane

Out of hours mental health helpline for those affected and also family, friends, or carers.

Opening hours: 4:30pm – 10:30pm

Call: **0300 304 7000.**

Hopeline UK

Confidential support for children and those aged under 35 who are at risk of suicide, or for anyone concerned about them.

Opening hours: 9am – midnight

Call: **0800 068 4141**

Text: **07860 039967**

Other resources

If you are worried about someone else, please see our leaflet called 'Suicide prevention – I'm worried about someone else'.