

Keeping Safe During Suicidal Thinking

Suicide is a permanent solution to a temporary problem.

There are other solutions.

When you feel suicidal, make a promise to yourself.

Tell yourself **I will**:

- **Call friend /family**

Name_____ Phone number_____

- **Call GP**

Name_____ Phone number_____

- Remember that when I feel suicidal my brain is lying to me and making things seem worse than they are. Do not isolate myself. Talk to someone.
- Remember to take any prescribed medications and stick with my treatment plan.
- Have someone take away my car keys and anything I could use to hurt myself.
- Stay away from alcohol and illegal drugs. Only take correct dosage of prescribed medication.
- Go to hospital if necessary.
- Remember that my life is valuable and worthwhile, even if it doesn't feel that way right now.

You don't have to feel this way.

You can cope with suicidal thoughts and feelings. They are not your fault. Don't give in. Don't lose hope. There is help.

Confidential Helplines: **LIFELINE: 0808 808 8000**

SAMARITANS: 028 90664422 or 0845 790 9090

CHILDLINE: 0800 1111