

Remember you are not alone

- Many people have thoughts of suicide.
- With support, negative feelings can pass.
- It is important to know that there is help available and that you are not alone.

START A CONVERSATION

SUICIDE
is preventable

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Asking for help

Talking to someone about how you feel is the first step to getting better. Think about who the best person to talk to might be.

They could be a trusted friend or family member. It could be someone in the community who you see regularly such as a friend, neighbour or even a teacher or sports coach.

You might choose to speak to your GP or call NHS 111.

There is no shame in asking for help and support.

Where to get urgent help



Central Access Point

Free 24/7 urgent helpline for anyone needing mental health support.

0808 800 3302

(Free from landlines & mobiles)

Neighbourhood Mental Health Cafes

Drop-in centres for anyone to come and talk about their immediate mental health concerns.

leicspart.nhs.uk/service/neighbourhood-mh-cafes

Where to get non-urgent help

Do you need to talk?



vita
health group

Free service providing access to a range of talking therapies to help those experiencing mild-moderate mental health concerns.

Make a self-referral
0330 094 5595

Complete online form
vitahealthgroup.co.uk/make-a-referral

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startaconversation.co.uk

Identifying the signs of suicide...

Look out for...

- changes in behaviour, anything that seems out of character
- changes in mood
- a **loss of interest** in what they would normally enjoy doing
- talking about **feeling hopeless or trapped**

saying **goodbye** as if they might not see you again

increased drinking or drug taking

a **sudden sense of calm** or appearing very upbeat after a period of sadness

Remember – the rate of suicide is **three times higher in males** than females.

Sometimes there might not be any signs, so trust your gut feeling and **ask if they are okay**.

It's not always obvious someone is feeling suicidal, people can be good at putting on a brave face. If you recognise warning signs in someone you know, then it's time to

#StartAConversation

Conversation Tips

- Start a conversation**
Use open questions that allow them to talk more about how they are feeling.
- Listen**
Show them you care by paying attention and encouraging them to continue talking.
- Be direct**
Ask them about suicide. Speaking openly about suicide decreases the likelihood of someone acting on their feelings.
- Act**
If you think a person is in immediate danger get urgent help immediately.
- Encourage**
Encourage the person to try self-help, lean on the people around them and seek professional help if needed.
- Check in**
Before you leave, agree another time soon to check-in with them, see how they are doing.
- Self-care**
Having these conversations are tough. Make sure to take time out to look after yourself.

Small conversations can lead to big changes. The first chat may be the hardest but talking to someone could save a life.

#StartAConversation