



If you don't feel you can keep yourself safe over this holiday period, please reach out for help and support



If you feel you cannot cope and that you cannot keep yourself safe, and that your life is at immediate risk **please call 999**, or ask someone else to contact 999 for you, or ask them to take you to A&E immediately.

You can go to Ipswich Hospital, Heath Road, Ipswich or to West Suffolk Hospital, Bury St Edmunds.

Both Hospitals have a Psychiatric Liaison Team, based in A & E, although these may not be 24/7 services.

If Psychiatric liaison are not there when you visit, the A & E staff will assess you and can then call the mental health assessment team, known as the Access & Assessment Team, who will see you in A & E, to assess your mental health and well-being needs.

If you need some support right now, but don't want to go to A&E, you can: Contact the Samaritans on any time for free from any phone on 116 123. This number will not show up on your bill.

They are open 24 hours and are there to listen. The Samaritans provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter to the Samaritans, and in most cases, you can talk to someone face to face. Contact your GP for an emergency appointment or the out of hours team or Call NHS 111.

Contact the Suffolk Access & Assessment Team if you are a current patient (NSFT) on: 0300 123 1334



If you are having suicidal thoughts - If you are having thoughts of ending your life; or perhaps feeling that you just cannot carry on any more, then please know that you are not alone. Many of us have had suicidal thoughts at some point in our lives. Having these feelings and thoughts is very much part of being human when we experience more psychological or emotional pain than we can manage at the moment.

These feelings can sometimes feel overwhelming. They can feel as if they will never end.

But please know, from many of us who have lived through these dark times, that with time and support, we can begin to manage these difficult times and come to understand that suicidal feelings will pass.

This is why it is really important that if thoughts and feelings to end your life become so strong, that you speak to someone and get help as soon as possible.



If you feel able to consider managing these feelings right now, there are some steps you can take to give yourself some distance between your thoughts and taking any immediate action.

Can you make a promise to yourself: “I will wait 24 hours and will not do anything to end my life during that time.”

Thoughts and actions are two different things—your suicidal thoughts do not have to become a reality.

There is no deadline, no one’s pushing you to act on these thoughts immediately. Encourage yourself to wait. This will help to put some distance between your suicidal thoughts and suicidal action.

We know that suicidal thoughts can become even stronger if you use drugs or alcohol as ‘self-medication’. They can also make us act more impulsively and can lead us to try to end our lives.

We know that it is really important to try not to use nonprescription drugs or alcohol when you feel hopeless or are thinking about suicide.

It's a good idea, if you feel these feelings beginning to keep yourself safe by removing things you could use to hurt yourself, such as pills, knives, alcohol etc. If you are unable to do so, go to a place where you can feel safe. If you are thinking of taking an overdose, you could give your medicines to someone who can return them to you one dose at a time as you need them, until you feel more able to keep yourself safe.



Many of us have found that the first step to coping with suicidal thoughts and feelings is to share them with someone we trust. This may be a family member, friend, member of the clergy, teacher or family doctor/GP. Find someone you trust and let them know how bad things are.

Please do not let fear, shame, or embarrassment prevent you from seeking help. And if the first person you reach out to doesn't seem to understand, try someone else. Just talking about how you got to this point in your life can release a lot of the pressure that's building up and help you find a way to cope. There is a very good chance that you can work through these feelings, no matter how much self-loathing, hopelessness, or isolation you are currently experiencing. Just give yourself the time needed and don't try to go it alone. You can help keep yourself safe by using the links and support both locally and nationally. All of these are on the new Stay Alive App for Suffolk.





There are people and organisations you can talk to who offer different support and advice lines;

Adults

Samaritans

116 123 (Freephone, 24 hour helpline)

www.samaritans.org

jo@samaritans.org

Live text/chat for men in Suffolk with an expert Wednesday 7pm to 10pm.

Follow this link below for more information and how you can email on the days the chat line is not operating – a resource for men in Suffolk.

Stop It Now – Are you concerned about your thoughts or behaviour towards children?

Stop it Now! freephone confidential helpline on 0808 1000 900 for advice, support and information.

YANA: Help for those in farming who may be affected by stress and depression

YANA: Confidential support to those in the farming community. You can talk to someone at YANA Monday to Friday 9am to 5pm. An answer service is available out of hours or, if you prefer, email johoey@yanahelp.org. Telephone 0300 323 0400

Farming Community Network (FCN)

You can call the FCN helpline and talk to a sympathetic person who understands farmers and rural life: CALL 03000 111 999. Calls will be answered in person from 7am to 11pm every day of the year.

Mind Infoline

Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

Email: info@mind.org.uk

Website: www.mind.org.uk/help

Mind provides confidential mental health information services. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy.

Rethink Mental Illness Advice Line

Telephone: 0300 5000 927 (9.30am-4pm Monday to Friday)

Email: info@rethink.org

Website: www.rethink.org

Saneline – Mental Health Helpline

Telephone: 0300 304 7000 (6pm-11pm)

Website: www.sane.org.uk

Suffolk Family Carers

Address: Unit 6 – 8 Hill View Business Park, Old Ipswich Rd, Claydon, Ipswich, Suffolk IP6 0AJ

Telephone: information line on 01473 835477

Website: www.suffolkfamilycarers.org

Suffolk Wellbeing

Wellbeing Norfolk & Waveney and Wellbeing Suffolk offer help and support to improve wellbeing and manage stress, low mood and anxiety.

Norfolk & Waveney: **0300 123 1503**

Suffolk: **0300 123 1781**

www.wellbeingnands.co.uk

Survivors of Bereavement by Suicide (SoBS)

For those personally affected by suicide

0300 111 5065 (9am to 9pm)

www.uk-sobs.org.uk

sobs.admin@care4free.net

Amparo

Operated by Listening Ear, Amparo (Suffolk) works in close partnership with the police, coroner service and other partners to offer support following notification of a suspected suicide, including 1-2-1 individual support, practical help and signposting to local services that can help.

Call **0330 088 9255** or email **amparo.service@listening-ear.co.uk**

Citizens Advice

For general support around debt, benefits, housing, relationships and a range of other services

www.citizensadvice.org.uk

CALM (Campaign Against Living Miserably)

A charity dedicated to preventing male suicides
0800 585858 (5pm to midnight every day)

www.thecalmzone.net

Depression Alliance

Charity for sufferers of depression. Has a network of self-help groups.

Website: www.depressionalliance.org

Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

Living life to the Full

Free online courses covering low mood, stress and resiliency. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. Courses are free for individuals using them in their own lives.

<https://l1ttf.com/>

The Five Ways to Wellbeing

NHS Moodzone – Includes self help and audio guides.

www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/

also visit [/www.healthysuffolk.org.uk/projects/5-ways-to-wellbeing](http://www.healthysuffolk.org.uk/projects/5-ways-to-wellbeing)



If you are a child or young person who needs to talk to someone...

Call Childline on 0800 1111

ChildLine is the free 24-hour helpline for children and young people in the UK. Children and young people can call on to talk about any problem. Counsellors are always here to help you sort it out. Their website address is www.childline.org.uk

Suffolk Children and Young People's Emotional Wellbeing Hub

The festive season can also be a difficult time for children, young people and families. Suffolk's Emotional Wellbeing Hub, which was launched earlier this year, provides a unique, one-stop point of information and support for people concerned about the mental health or emotional wellbeing of anyone aged up to 25.

More information can be found here: <https://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub/>

The Source for children and young people in Suffolk

Ask the 4YP expert live 1-1 chat offers personalised information and advice for young people in Suffolk. Young people's workers at 4YP (Suffolk Young People's Health Project) are available online to offer support around emotional health and well-being issues. Ask the 4YP expert is available Monday to Friday from 5pm – 7pm (please check Christmas opening hours on The Source website).

Papyrus

Advice for young people at risk of suicide

0800 068 4141 (10am to 10pm Monday to Friday, 2pm to 5pm weekends and bank holidays)

www.papyrus-uk.org

pat@papyrus-org.uk

Worried about a child or young person? Call this free helpline for confidential, expert advice...

The Young Minds Parents Helpline is available to offer advice to anyone worried about a child or young person under 25. You may have questions about a child's behaviour, emotional wellbeing, or mental health condition. You may have a child who's already been admitted to CAMHS and have questions about their treatment or want to know what to say to your GP when you visit them.

Call the Parents Helpline 0808 802 5544