

SUPPORT AND RESOURCES FOR SUICIDAL THOUGHTS

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WHAT ARE SUICIDAL THOUGHTS?

Suicidal thoughts can be distressing and scary. They may make you feel like you are not in control or that suicide is the only way out. This booklet aims to help you feel like you can regain control over your thoughts.

Suicidal thoughts can be broken into two categories, suicidal ideation and suicidal intent.

Suicidal ideation are thoughts about taking your own life such as:

- I don't want to be here anymore
- I want to go to sleep and not wake up
- My family would be better off if I was not here
- I just want to die

Suicidal intent (sometimes referred to as 'actively suicidal' by professionals) is when you have an active plan about how you will kill yourself and intend to carry out your plan.

If you feel that you cannot keep yourself safe, please attend A&E

WHAT CAUSES SUICIDAL THOUGHTS?

The reason someone feels suicidal will differ from person to person. Some common causes are...

Mental health disorders, bereavement, deprivation, past or present trauma, medication. However, no matter the cause it is always best to speak to someone about how you are feeling.

CRISIS SUPPORT

If you feel that you cannot keep yourself safe please attend A&E

If there is an immediate risk to your life call 999

HELPLINE NUMBERS

Pennine Care Foundation Trust 24/7 crisis mental health	0800 014 9995
Stockport Making Space Helpline	0800 138 7276
NHS Greater Manchester Mental Health 24/7 Crisis line	0800 953 0285
Samaritans	116 123
SHOUT	Text Shout to 85258
111	111 can connect you to local mental health handlers who can support you and direct to appropriate services in your area

SUPPORT IF YOU ARE HARD OF HEARING OR DEAF

Signvideo.co.uk/nhs111	Signvideo.co.uk/nhs111 The interpreter will phone the crisis line and support
SHOUT	Text Shout to 85258

LOCAL SUPPORT

If you feel that you cannot keep yourself safe please attend A&E

If there is an immediate risk to your life call 999

HOW DO I GET HELP?

Open Door

Open Door is a mental health crisis drop-in service in the center of Stockport. They offer support to adults who feel they are in a mental health crisis and need a listening ear.

GP / Doctor

Your GP can support you by assessing your suicidal thoughts and referring you to the right support service. They may also review your medication as suicidal thoughts can occur from the side effects of some medications.

Pennine Care Foundation Trust
24/7 Crisis Mental Health
Helpline - 08000149995

You can call the Pennine Helpline if you feel like you need support and they can offer professional guidance on what your next steps should be to access support.

CRISIS PLAN FOR SUICIDAL THOUGHTS

If you have recurring suicidal thoughts it can be helpful to create a plan of how to deal with these thoughts while you are in a calm state of mind, this can help combat these thoughts later.

WHO CAN SUPPORT YOU WHEN YOU FEEL SUICIDAL?

This can be a professional / crisis line or someone close to you. Include their contact details below:

SAFE PLACE

Where is a place you can go where you feel safe? It could be a real place or one you remember/imagine. Your safe place should be free from items that can harm you. You could ask a person you trust to keep these items safe if you need to keep them.

DISTRACTION TECHNIQUES / ACTIVITIES

This could be Mindfulness/ breathing exercises, watching your favorite film/planning for something you would like to do in the future:

IF YOU CAN'T KEEP YOURSELF SAFE WHAT ARE YOUR NEXT STEPS TO ACCESS CRISIS SUPPORT?

Circle the answer that you feel you are most likely to follow at a crisis point:

Attend A&E

Call 111 or Ambulance (if required)

PLANNING FOR SUICIDAL THOUGHTS + SELF HARM (DIGITAL SUPPORT)

Stay Alive app - The app includes:

- A safety plan with customisable reasons for living
- A LifeBox where you can store photos and memories that are important to you
- Strategies for staying safe and tips on how to stay grounded when you're feeling overwhelmed
- Guided-breathing exercises and an interactive Wellness Plan

Calm Harm - App description:

- Helps resist or manage the urge to self-harm in 93% of cases.
- Uses principles from Dialectical Behaviour Therapy (DBT).
- Helps you break the cycle of self-harm behaviour.

APPS TO HELP CALM THOUGHTS AND BREATHING

Headspace - App description:

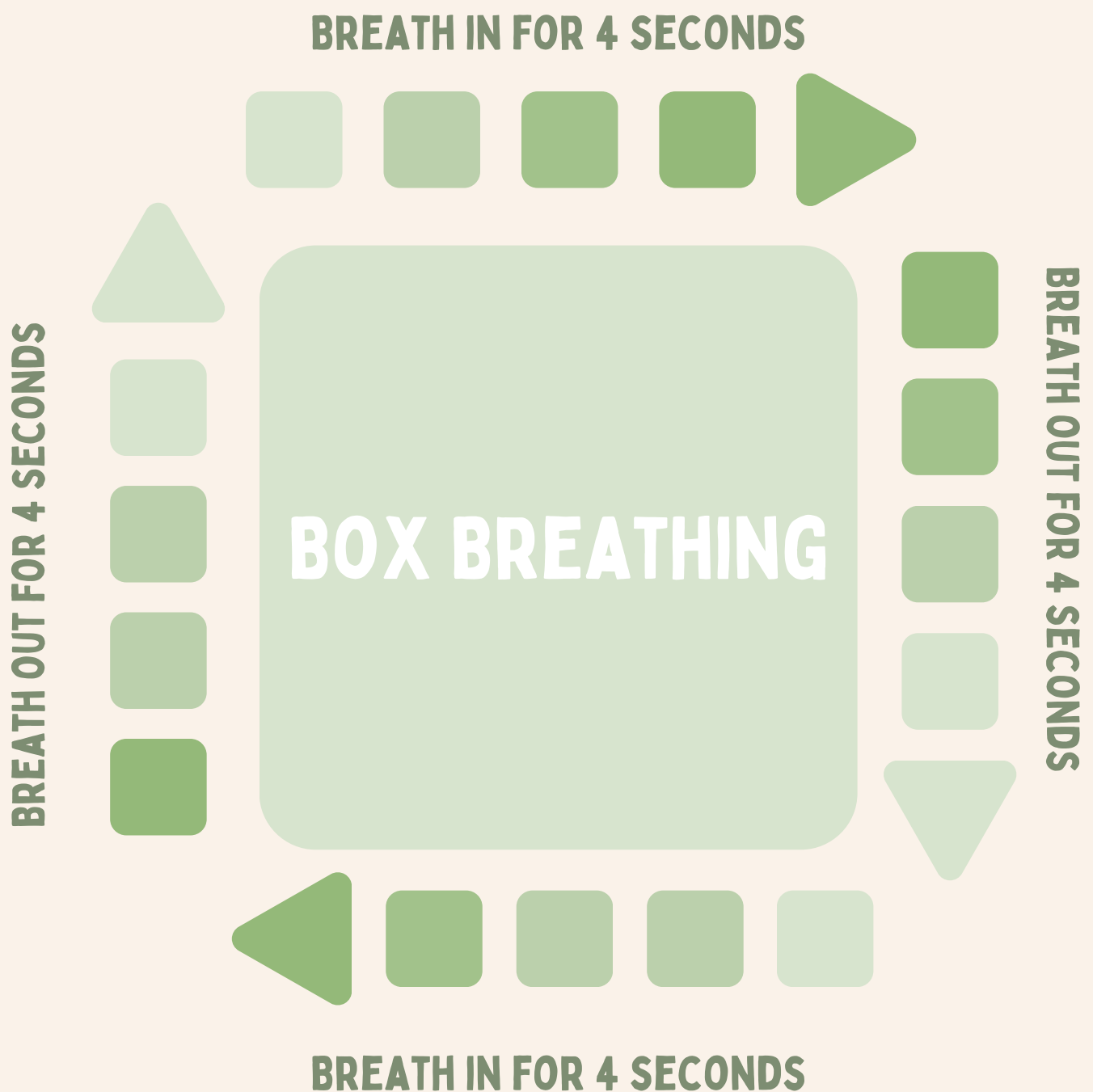
- A meditation app to reduce, focus more and sleep better.

Calm - App description:

- Offers meditations, courses, and bedtime stories, the app aims to help you sleep more and stress less.
-

BREATHING TECHNIQUES

Box breathing is a technique that helps the central nervous system move from a fight-or-flight response to a state of calm. To practice box breathing first picture a box in your mind. You should start by breathing in through your nose for 4 seconds. Hold this breath for 4 seconds, your lungs should feel full. Breathe out through your mouth for a further 4 seconds. Hold your breath for 4 more seconds before breathing in again.



COPING WITH THOUGHTS IN THE LONG TERM

To cope with suicidal thoughts long term it is important to: create a plan to help you until the thoughts pass, to arm yourself with skills and ensure your body has everything it needs to stay healthy. However, when you are not feeling suicidal there are still things you can do to improve your thoughts long term.

LIFE STRESSORS

If you feel like there are physical life stressors that are triggering your suicidal thoughts then there are services in Stockport who can help you with these issues

If you are experiencing abuse you can call:

Contact the police if you are in imminent danger

The Multi Agency Safeguarding & Support Hub: 0161 477 4294

Stockport Adult Social Care: 0161 217 6029

Stockport without Abuse: 0161 477 4294

Experienced Historic abuse you can contact:

NAPAC: To discuss abuse in childhood and be signposted to support: 0808 801 0331

OWLS: <https://owls-group.co.uk/contact-us/>

If you would like support with addiction you can contact:

START Team: support with alcohol or drug use: 0161 474 3141 - START@stockport.gov.uk

MOSAIC: Service for people 25 and under who need drug and alcohol support or who's parents or guardians use alcohol or drugs

Gambling support:

National gambling helpline: 0808 802 0133

NHS Northern Gambling Service:
03003001490
<https://www.northerngamblingservice.nhs.uk/>

Support if you are struggling to afford food:

<https://www.stockport.gov.uk/help-getting-food>

If you would like support to find community services:

Viaduct Care CIC :
<https://viaductcare.org.uk/our-services/wellbeing-and-self-care-service/>

Stockport Support Hub:
<https://stockportsupport.com/>

If you have suffered a bereavement you can contact:

Greater Manchester Bereavement Service: 0161 983 0902

<https://greater-manchester-bereavement-service.org.uk/>

Carers Support:

Age UK:
<https://www.ageuk.org.uk/services/in-your-area/carers-support/>

Signpost for carers:
<https://signpostforcarers.org.uk/>

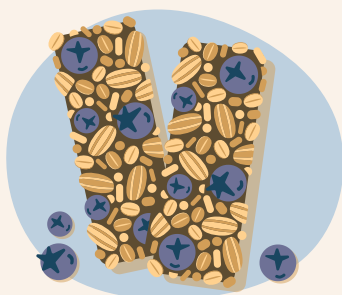
Together Trust:
<https://www.togethertrust.org.uk/>

Stockport Mind:
<https://www.stockportmind.org.uk/services/carers-support-service/>

MANAGING EMOTIONS

When you're feeling an intense emotion but you're unsure why it can be helpful to use the following acronym H.A.L.T (hungry, angry, lonely, tired) to identify whether these emotional triggers are worsening your symptoms. For example, recognizing when you're tired you are more anxious.

FEELING ERGGG ... HALT AND QUESTION!



H

UNGRY

If you recognize you are hungry eat a snack. Plan for this trigger by keeping a healthy snack in your bag or planning meals in advance.



A

NGRY

If you are feeling angry you can use a couple of skills to help yourself. You can try deep breathing to calm yourself down. Engage in physical activities to help release tension and learn anger communication skills to help you effectively communicate your feelings.



L

ONELY

Humans are social beings and we need connections with others. However, we could also feel lonely in a stadium with 10,000 people. If you are feeling lonely you can try reaching out to the people around you, pre-arrange an activity or if you don't have a social group you can try joining a group.

<https://www.stockport.gov.uk/director-ies/communities>



T

IRED

Tired could mean physical or mental exhaustion. If this feeling is chronic, it can affect your mental health. If you are feeling exhausted and struggling to sleep try the sleep hygiene listed later in this booklet. If you are struggling with emotional exhaustion it may help to take a day off work and engage in some self-care activities.

UNDERSTANDING EMOTIONS

Understanding what emotions you are feeling and why could help you find patterns over time and question faulty thinking patterns. You can track your emotions in an online mood diary or a notebook.

Online mood tracker

<https://emoodtracker.com/>

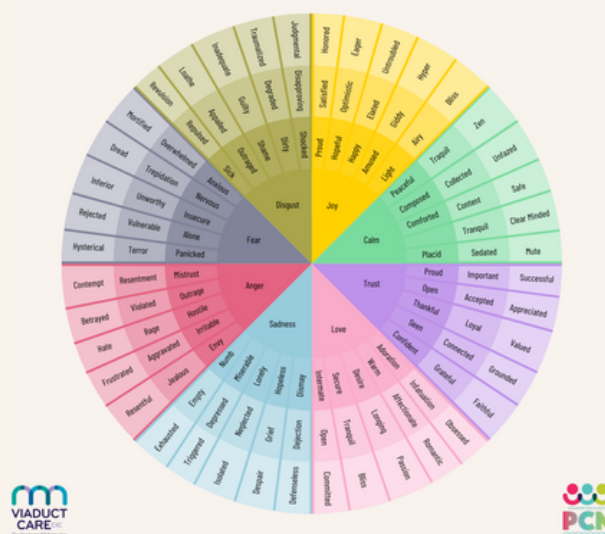
WHAT EMOTION AM I FEELING?

If you are struggling to identify your emotions a Junto wheel can help. At the centre of the Junto wheel, you will find primary emotions which become more specific the closer you get to the outer edge.

An example of the Emotion Wheel in use could be...

Kerry has had a text from her partner saying 'Can't talk right now I'm busy'. When using the wheel Kerry realized she felt sadness and fear. She followed the sadness and realized what she felt was lonely. She followed the fear and realized she felt insecure.

Wheel Of Emotions



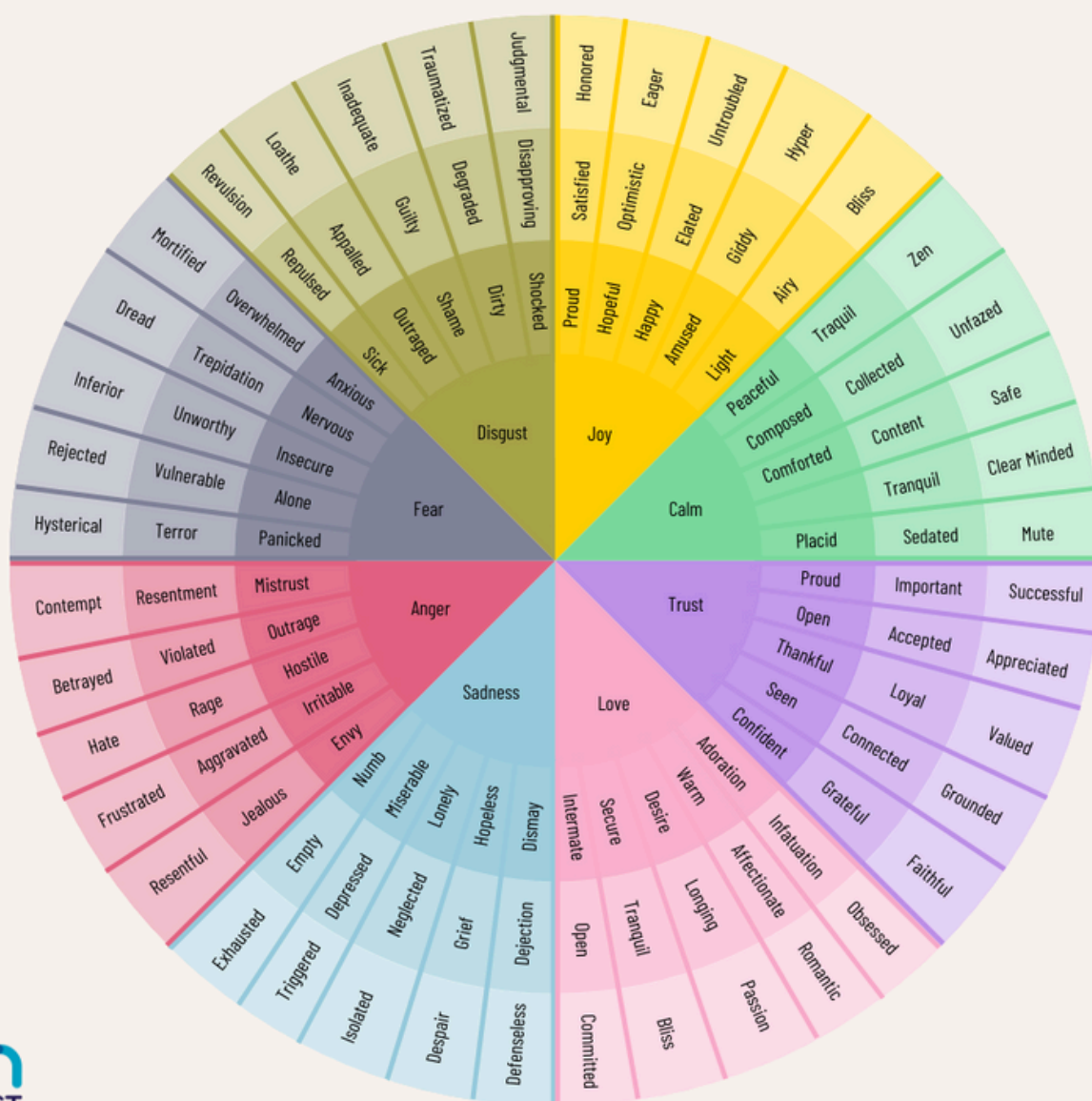
You may choose to follow this emotion to find the cause or decide that identifying it is enough right now

Kerry asked herself why she felt lonely and insecure after being told her partner was busy and couldn't talk. She realized she felt insecure because she perceived this as her partner being angry at her and lonely because she had no one else to talk to.

You may choose to explore your emotions further in counselling. If you would like to access counselling you can ask your GP for a referral or you can self-refer to NHS Stockport Talking Therapies:
<https://www.penninecare.nhs.uk/stockporttalk>

Please be aware counselling is not a crisis service and if you have plans of taking your life you should talk to a crisis service or attend A&E.

Wheel Of Emotions



SLEEP HYGIENE

Sleep hygiene is the practice of creating a healthy environment to improve the quality of your sleep. Sleep hygiene can help with conditions such as insomnia.



Lamps and TV lights at night can mess with your circadian rhythm (body clock). Keeping your brain active and preventing sleep. Keeping your room dark at night and allowing natural light to wake you will help keep your natural body clock.



Keep your room cool and quiet. 18 degrees Celsius is suggested as ideal for sleep.



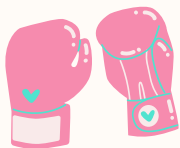
You should try and stop using devices an hour before bed. The light can disrupt your body clock as well as social media, emails and news keeping your mind stimulated rather than promoting relaxation.



If you're having trouble sleeping, you'll want to avoid beverages and foods that contain caffeine – coffee, non-herbal tea, colas, even chocolate – at least 6 hours prior to bedtime.



Avoid Citrus fruits, spicy food, fatty or fried food, and heavy meals 3-4 hours before bed as this may cause heartburn.



An exercise routine can help contribute to improved sleep quality and tire you out to make sleep easier.



Create a relaxing pre-bedtime routine. This may include a warm shower, listening to guided meditation or reading a book.

