

# Young Person's Guide to Coping with Thoughts of Suicide

Suicide is an intentional act to end your own life and is linked with emotional distress.

## Statistics:

In the UK, suicide is the leading cause of death in young people and accounts for 14% of the deaths in 10-19 year olds. Suicide is more common in males than in females (Office of National Statistics).



## 10 TOP TIPS for coping with thoughts suicide:

- 1 Tell yourself that you won't act today.** Even though suicide might seem like the only option, your suicidal thoughts do not have to become a reality. Things can get better.
- 2 Focus on keeping safe for now.** Try to get yourself to a place where you feel safe. If you are unable to do this and it is an emergency dial 999.
- 3 Tell someone how you're feeling.** Talking to a friend, family member, or a helpline such as Childline (0800 1111) can help you to feel less alone and more in control. They will also be able to help you access other supports you might need.
- 4 Avoid drugs and alcohol.** Alcohol and drugs can make us more impulsive and can cause suicidal thoughts and feelings of hopelessness to become stronger.
- 5 Tell yourself you can get through this.** Our emotions constantly change, how you feel today may not be the same as yesterday or tomorrow. Remind yourself this.
- 6 Distract yourself.** When having thoughts of suicide it can help to engage in activities to distract yourself, for example you might go for a walk.
- 7 Note your reasons to live.** You may feel like the world would be better without you or that there's no point in living - this is never true. Explore your reasons to live and write these down.
- 8 Make a support plan.** Explore what has or hasn't helped before. Write down how you can be supported, information on local specialist services and who to contact in an emergency.
- 9 Be kind to yourself.** Talk to yourself as if you were talking to a good friend. Do something nice, it could be something small like watching your favourite film.
- 10 Keep hope.** People do get through this. Try to look after yourself and ask for help when you need it.

## Self-help links:

- [www.youngminds.org.uk/find-help/feelings-and-symptoms/suicidal-feelings](http://www.youngminds.org.uk/find-help/feelings-and-symptoms/suicidal-feelings)
- [www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/suicidal-thoughts](http://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/suicidal-thoughts)
- [www.papyrus-uk.org/im-feeling-suicidal-why-do-i-feel-suicidal](http://www.papyrus-uk.org/im-feeling-suicidal-why-do-i-feel-suicidal)
- [www.samh.org.uk/about-mental-health/suicide](http://www.samh.org.uk/about-mental-health/suicide)
- [www.preventsuicideapp.com](http://www.preventsuicideapp.com) – App

