

## Things you could include in a safety plan:

- **Warning signs and triggers** - how will you know when you need to use the safety plan? Write down what thoughts and feelings happen before you start to have thoughts of suicide.
- **What you might need to do to make yourself safer** – like throwing away razor blades, or asking a friend to keep your medication for you.
- **Activities you can do to calm and soothe yourself** – like going for a walk, writing down reasons to live, create a hope box that has positive things inside like pictures and messages from loved ones.
- What you have done in the past that has helped.
- Name at least three friends or family members you feel comfortable talking to on your plan so you can ring them if you need to.
- Emergency helpline details.

## Asking for help

If you feel like you are unable to keep yourself safe right now, call 999 for an ambulance or go straight to A&E if you can.

### Useful Contact Numbers

- Samaritans – 116 123
- Papyrus – (Prevention of young suicide) – 0800 0684141
- Childline – 0800 1111

### Useful Websites

- [www.papyrus-uk.org/](http://www.papyrus-uk.org/)
- [www.stayingsafe.net/](http://www.stayingsafe.net/)

### Useful Apps

- Stay Alive App
- Hub of Hope App

## For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

**Advice is FREE and CONFIDENTIAL.**

Produced by: Streetwise Young People's Project:

Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.

## Streetwise

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# The Streetwise guide to Suicide Awareness



## Streetwise

YOUNG PEOPLE'S PROJECT

# What is Suicide?



Suicide is defined as intentionally taking your own life.

## What are suicidal feelings?

Having suicidal feelings can mean having thoughts about ending your life or making clear plans to take your life. It can also mean having thoughts that people would be better off without you or that life is not worth living. Not everyone who has suicidal thoughts tries to or wants to end their lives, a lot of the time people just want to stop feeling the way they are feeling.

### Let's be clear:

→ Suicide **IS** preventable.

→ Not everyone who has suicidal thoughts is mentally ill.

→ Using the word suicide does **NOT** put the thought in someone's head.

→ People who talk about suicide or have suicidal thoughts are not attention seeking.

→ Using the word suicide does **NOT** make suicide more likely to happen.



# Why might people feel suicidal?



There are lots of reasons as to why someone may feel suicidal and suicidal feelings can impact anyone, of any gender, age or background. People may feel like they are unable to see a way out of their situations or that they are unable to cope with their struggles. Some people have suicidal feelings and aren't sure why, this can sometimes make it even harder for people to believe that there is a solution. Whatever reason individuals are feeling suicidal for, they are important and valid.

## You can't always tell when a loved one or friend is considering suicide but there are some common signs you can look out for:

- Withdrawing from friends or family.
- Complaining of feeling hopeless, worthless.
- Using alcohol or drugs to cope with feelings.
- Signs of depression.
- Finding it hard to cope with everyday things and tasks.
- Feeling overwhelmed or 'burnt out'.
- Not wanting to do things they usually enjoy.
- Lacking energy, feeling tired, not sleeping.
- Self-harm.



# What can I do to help myself if I am feeling suicidal?

- Tell someone how you are feeling.
- Write down reasons for living.
- Do something to distract yourself.
- Write down the names of everyone you love and everyone who loves you.
- Focus on your senses and your breathing.

## How can I help a friend who has suicidal thoughts?

- Encourage them to talk about how they are feeling.
- Ask them what they need from you right now.
- Support the person to write a safety plan.
- Listen non-judgmentally.
- Remind them that you care about them and they aren't alone.
- Encourage the person to get professional help.
- Talk to a trusted adult about your worries about your friend.
- If they are in immediate danger of killing themselves call 999.

## Safety Planning

A safety plan can be a helpful tool to navigate suicidal thoughts and feelings. It is a plan you can look at and follow when you are having thoughts of suicide or self-harm. It's a good idea to write your safety plan when you are calm and can think clearly, this means it is all ready for you when the feelings come.