

Crisis Support

Make an urgent appointment with your **GP**

HPFT Single Point of Access (SPA)

Directs all Hertfordshire Referrals to mental health services. Tel: 0800 6444 101 Opening hours: 8am-7pm or NHS 111 option 2 Web: www.hpft.nhs.uk/get-help

Samaritans

24 Hour Confidential helpline
Telephone: 116 123 – Web: www.samaritans.org

Papyrus

Helpline to prevent suicide in young people
Telephone: 0800 068 4141
Web: www.papyrus-uk.org

CALM (Campaign Against Living Miserably)

A charity dedicated to preventing male suicides
Telephone: 0800 585858 (5pm – Midnight)
Web: www.thecalmzone.net

Hertfordshire NightLight Crisis Helpline

A service for people in Hertfordshire who are feeling distressed or experiencing a crisis.
Tel: 01923 256 391 Opening hours: 7pm-1am, 7 days a week, 365 days a year.
Web: <https://www.hertsmindnetwork.org/services-for-adults/crisis-support/>

Mind in Mid Herts

A local mental health charity, with a positive and holistic approach to promoting mental wellbeing.
Telephone: 03303 208100
Web: www.mindinmidherts.org.uk

Herts Mind Network

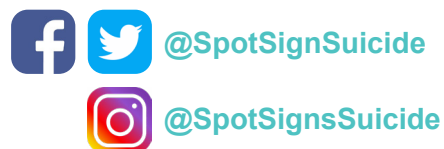
A local mental health charity that creates opportunities for individuals to manage their whole life and wellbeing.
Telephone: 02037 273600
Web: www.hertsmindnetwork.org

These techniques can help us deal with overwhelming anxiety, pain or emotions:

- Do an activity that requires focus and attention, to help calm your mind and body
- Breathe slowly and steadily from your belly, as best as you can
- Stroke your hands over your body; be aware of the physical sensations as you do this
- Pay attention to your senses: what can you see, hear, smell, taste or feel?
- Move: try walking, stretching, bending and pay attention to how your body feels
- Try holding yourself and rocking yourself



Thank you to Grass Roots for supporting with the content of this leaflet.



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www.hpft.nhs.uk

NHS



Thinking about suicide? #StayAlive

In partnership with:

Hertfordshire Partnership University NHS Foundation Trust
East and North Hertfordshire Clinical Commissioning Group
Hertfordshire & West Essex Integrated Care System



1 in 5 people will have thoughts of suicide at some point in their lives

You are not alone

It is important to know that you are not alone and that having suicidal thoughts and feelings is nothing to be ashamed of.

“Why me?”

People from all walks of life can have suicidal thoughts and there are many reasons why someone can feel this way.

Suicidal thoughts can happen very suddenly or sometimes a number of things can build up over time and make us feel overwhelmed.

Feelings do not last forever

Everyone feels low at some point in their lives and if you're struggling to cope it may be difficult to see beyond your current situation.

Talking about how you're feeling can help put things into perspective and help you to feel more positive about the future.

Are you thinking about suicide?

Wait

Decide not to do anything right now to hurt yourself. You do not have to act on your thoughts of suicide.

Suicidal behaviour is an attempt to solve what feels like an overwhelming set of problems.

When we are struggling to cope, our mind closes down on creativity and our problem solving skills become much more limited. Your thoughts and feelings CAN change.

Talk to someone

Don't be afraid to talk to someone about your feelings. There are many people and organisations that care and who are able to help you through this difficult time.

Please visit www.time-to-change.org.uk for some helpful tips on how to start a conversation about your thoughts and feelings.

Try to keep yourself safe for now

Download #StayAlive App which has 'My Safety Plan', 'Reasons for Living', and 'Looking After Yourself' and support services.

To learn more about suicide prevention please visit: www.hpft.nhs.uk/spot-the-signs

My Safety Plan

If I feel I cannot stay safe from suicide, I will talk to:

I will seek help from:

I will calm myself by:

I will go to my safe place:

My ideas for keeping safe:

If you need urgent help...

If you are worried about suicidal thoughts and are feeling stressed, fearful and unable to cope, here are some things you can do to get help and stay safe:

For life threatening situations:

- Call 999
- Call or go to your nearest Accident and Emergency department