

If you have serious concerns for the person do not leave them on their own and get urgent professional help from their GP, by calling 999 or taking them to the nearest Accident and Emergency Department.

Remember to make sure that you are safe and do not put yourself at risk.

Helplines

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

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

Combat Stress

Professionals available 24/7, providing confidential advice and support for veterans and serving personnel.

Tel: 0800 138 1619 Opening hours: 24/7

Web: www.combatstress.org.uk

Shout

A text messaging service for those struggling to cope. Text SHOUT to 85258

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

Email: admin@mindinmidherts.org.uk

Herts Mind Network

A local mental health charity that creates opportunities for individuals to make choices, find their own solutions, build resilience and manage their whole life and wellbeing.

Telephone: 02037 273600

Web: www.hertsmindnetwork.org

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: www.hertsmindnetwork.org/services-for-adults/crisis-support/

Download #StayAlive
Suicide Prevention App

#StayAlive App has essential
suicide prevention features
for use in everyday life.



@SpotSignSuicide



@SpotSignsSuicide

Updated February 2023

www.hpft.nhs.uk

NHS



**SPOT THE SIGNS
& SAVE A LIFE**

SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE



Supporting someone with suicidal thoughts

In partnership with:

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

 Mind
Hertfordshire
Network

 HWE

 Mind
in Mid Herts

Suicidal thoughts can affect anyone

6,000 people die by suicide each year in the UK. This is more than all deaths from road traffic accidents and homicides combined.

Many more people, about 1 in 5, will experience suicidal thoughts at some point in their life.

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

Suicide is preventable

Visit our website to find out more about suicide prevention. You will find information on how to help and the support available:
www.hpft.nhs.uk/spot-the-signs

What can I do?

We can all take positive action to help prevent suicide by looking out for the warning signs.

We can encourage people to speak openly about their suicidal thoughts and feelings, and to ask for help.

Take any suicidal talk or behaviour seriously, it is a warning sign and a plea for help

Spot the Signs

Here are some warning signs to look out for that could indicate someone is experiencing suicidal thoughts and feelings:

- Talking about feeling hopeless and that life is not worth living.
- Saying that friends and family would be better off without them.
- Talking about death and plans to take their own life.
- A sudden and seemingly full recovery after a period of severe depression.
- Looking into methods or the means to end their own life.
- Putting all their affairs in order and seeming to be preparing to die.
- Giving away prized possessions and saying goodbye to loved ones.
- Saying that they can hear voices telling them to end their own life.
- Physical changes such as weight loss, poor hygiene and not caring about their appearance.

We must act early

If you think someone is suicidal it is important to talk to them as soon as possible.

Ask directly about suicide

Do not be afraid to ask someone directly if they are feeling suicidal. **It will not make their feelings worse or 'give them ideas'**. In fact the opposite is true. For many people it can be a huge relief to be asked the question in a direct way.

Asking someone directly may also give them a chance to open up about their feelings and help them to think about more positive options rather than suicide.

Bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do

Listen and talk

Learning that a friend or family member has suicidal thoughts can be frightening and worrying.

Try to allow them to express their feelings and views. You may not agree with them but listening in a sympathetic and caring way is one of the most helpful things you can do.

What to do next?

Try to encourage the person to contact some of the organisations overleaf who can help to support them.

Alternatively Samaritans will contact a person in distress if they are requested to do so.