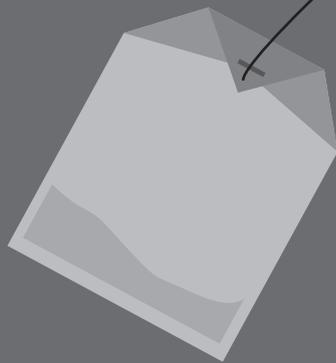


Are you having suicidal thoughts?

To some it's a tea bag. To others it's a lifeline...



Support the Zero Suicide Alliance campaign.
Help us tackle the stigma that stops so many
from asking for help.

**END THE
SILENCE
END
SUICIDE**

SUICIDE

Uncomfortable isn't it?

The word 'Suicide'.

Too uncomfortable to mention.

No-one likes to talk about it, but that's why people who are in need of help, don't ask.

It's the fear of being shunned, discriminated against or worse. The fear that there's no one out there who cares, no one out there who'll listen to them.

So they try to just manage, and attempt to live their life as 'normal'.

Until one day. It all becomes too much...

That's where we can all do something.

Do you need help now?

Call the Samaritans on 116 123

I'm not as strong as everyone thinks I am.

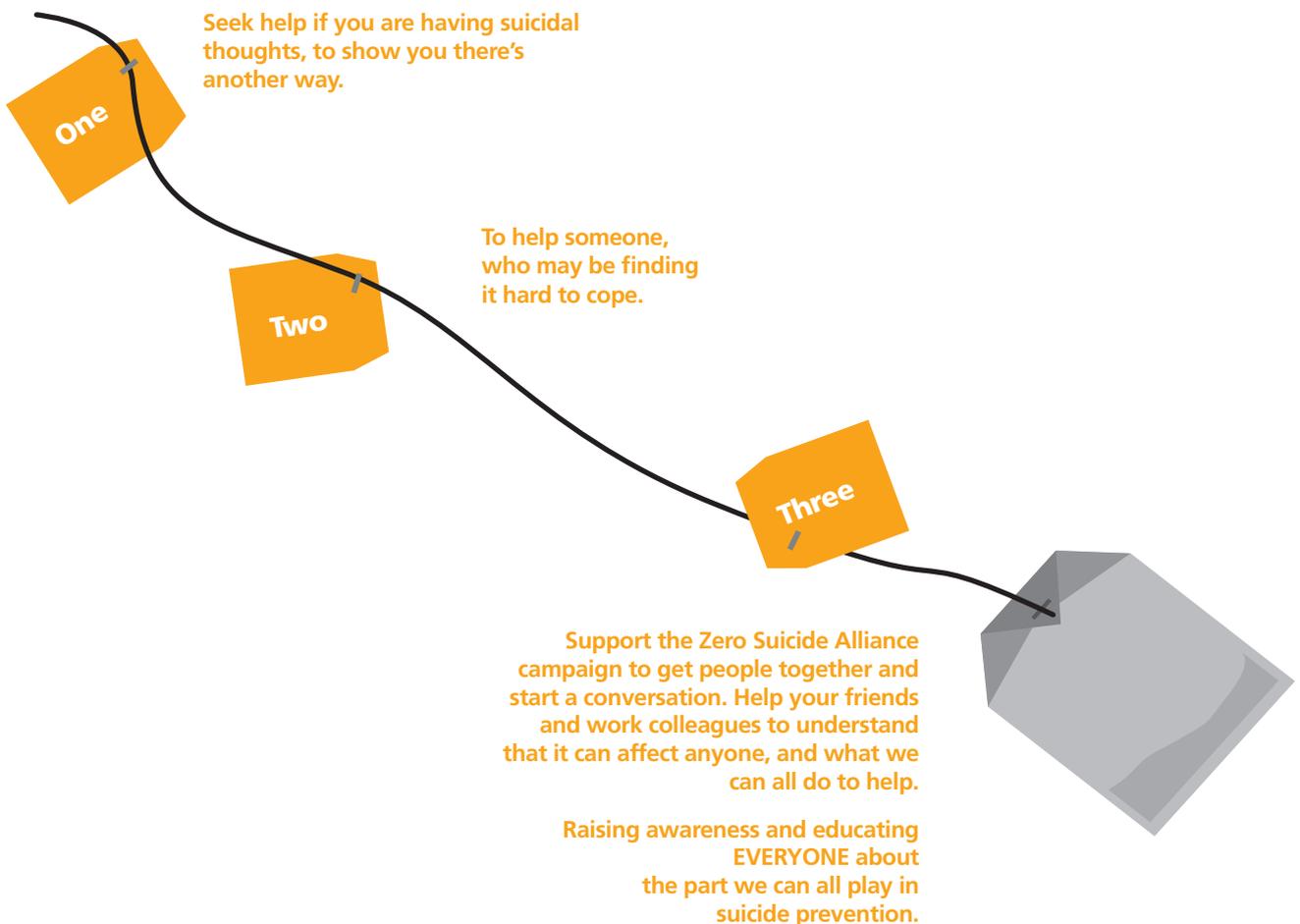
END THE SILENCE
END SUICIDE

"Nobody sees that I'm already dead inside."

The Zero Suicide Alliance campaign wants to shatter this stigma by getting more people talking about suicide, sharing thoughts, offering support.

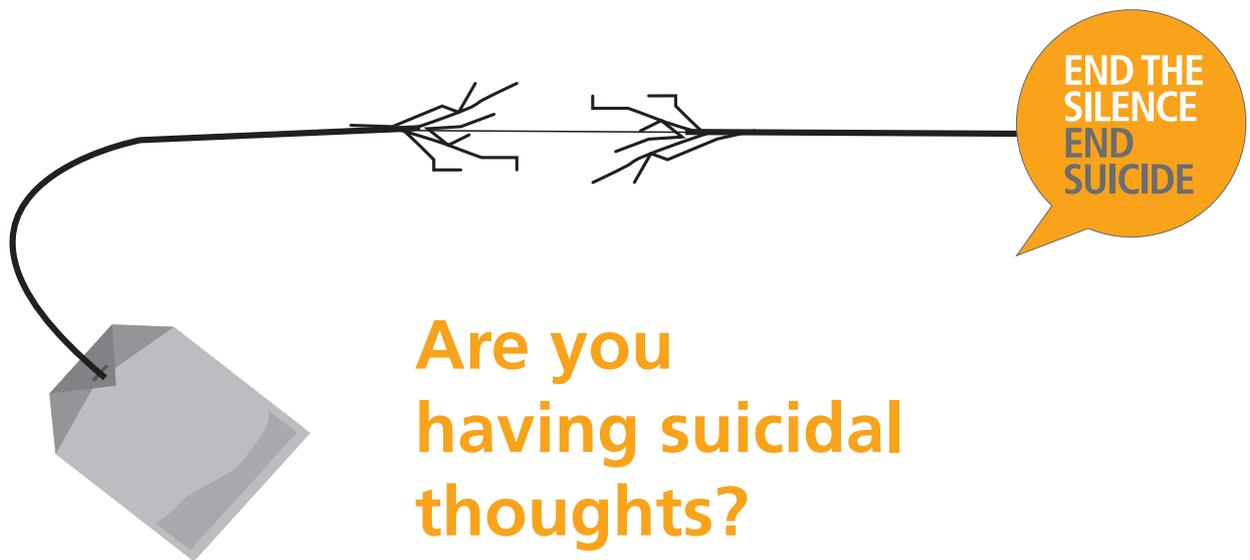
There's more of us affected by it than you think. Because it's only when we start talking about suicide that we realise how many of our friends, neighbours and colleagues' lives have been touched by it.

We want to help you:



The smallest displays of kindness, like the offer of a brew, and the conversation that follows, could be the first step to helping someone... ultimately even saving a life.





Are you having suicidal thoughts?

Is this you?

- you desperately want a solution to your nightmare and can't see any other way out
- you don't care if you live or die and are taking more risks or living recklessly
- you don't actively want to kill yourself but see it as a release or a way of taking control
- you don't know why you are having these thoughts or what to do about it.

Help is only a phone call away. You can talk in total confidence to people who are experienced in listening to those with suicidal thoughts, feelings and plans.

Please know that there are people who can help you

Call the Samaritans on 116 123

The Samaritans offer emotional support 24-hours a day.

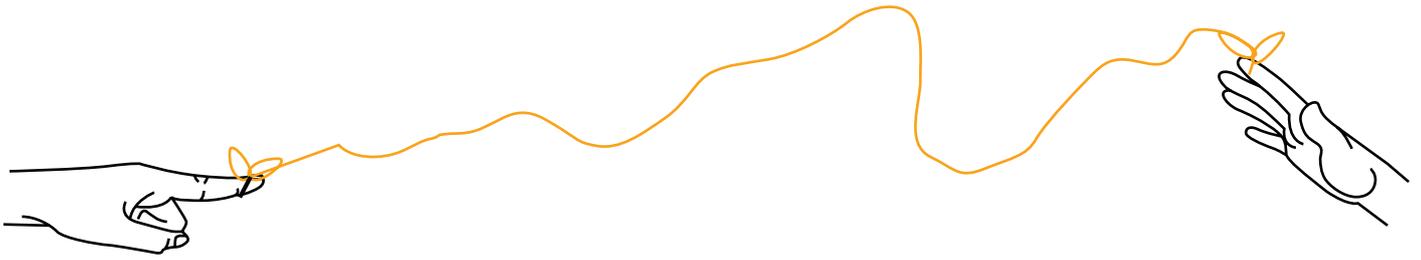
CALL 999

If you are in crisis or have thoughts about harming yourself or someone else, call 999 for an ambulance.

Go to your nearest A&E department

Contact your GP

If it's not an emergency but you are feeling unwell and want advice and support, get in touch with your GP, who will talk it through with you and may refer you to someone else who can give you specialist help.



It really is good to talk to someone

Those closest to you can make a real difference and help calm you down until you decide what to do next.

If you don't feel you can talk to your family or friends, there are plenty of people out there who have walked the walk, who know what you are going through, who have first hand experience of feeling suicidal and are keen to help. So you can learn ways of coping from others.

Helplines can give you the time and space to talk in complete confidence and help you think through what to do for yourself.

Call CALM on 0800 58 58 58

5pm to midnight 365 days a year.

The Campaign Against Living Miserably (CALM) is a registered charity, which exists to prevent male suicide in the UK.

Call MIND on 0300 123 3393

Weekdays 9am to 6pm.

Call Mind for information on a wide range of topics.

Getting professional help

Counselling and psychotherapy can help you make sense of your feelings and discover ways to cope.

If you're referred for therapy via your GP or the NHS, you may be offered **Cognitive Behavioural Therapy (CBT)** to help you change negative thinking patterns and can change the way you feel.

Medication such as antidepressants or tranquillisers, may be offered to you by your GP.

Need urgent help?

The accident and emergency department of your local hospital may be the best place to go in a crisis. Most admissions are voluntary but you may be sectioned under the Mental Health Act, if health professionals believe you are a danger to yourself.

If you go home you may be supported by a community mental health team. They might refer you to a crisis house, which will offer you intensive short-term support.

If you live in Liverpool and have a GP within the Liverpool City boundary and are over 16, you can access talking therapies at:

Talk Liverpool on 0151 228 2300

email at talkliverpool@merseycare.nhs.uk
www.talkliverpool.nhs.uk



Things we can ALL do to increase our mental wellbeing

There's more to good mental health than avoiding or treating mental illness. There is also positive mental wellbeing. Feelings of contentment, enjoyment, confidence and engagement with the world are all a part of mental wellbeing.

There are five simple steps we can all take to improve our mental wellbeing:

Step 1 - Stay active

Exercise can be a great way to improve your mental health. It can help to reduce stress and anxiety, help you sleep better, and boost overall mood. Research has shown that even modest amounts of exercise, like regular walking, can make a difference.

Step 2 - Eat well

Experts believe that a healthy, balanced diet can have a positive effect on mood. Current NHS guidelines on healthy eating recommend including the following in your daily diet:

- Plenty of fruit and vegetables
- Plenty of potatoes, bread, rice, pasta and other starchy foods
- Some milk and dairy foods
- Some meat, fish, eggs, beans and other non-dairy sources of protein
- Just a small amount of food and drink that is high in fat or sugar.

Step 3 - Limit alcohol

When you're feeling low, alcohol can be a tempting distraction. But it's also a depressant, which means it can make negative emotions worse. The recommended daily limits of alcohol are:

- Three to four units a day for men
- Two to three units a day for women
- If you've had a heavy drinking session, avoid alcohol for 48 hours.

A unit of alcohol is about half a pint of normal strength lager or a single measure (25ml) of spirits. A small glass of wine (125ml) is 1.5 units.

Step 4 - Avoid drugs

For people experiencing unpleasant emotions, drugs can be seen as a way of coping. But drug misuse can actually increase the risk of developing a mental health condition, such as depression.

Speak to your GP if you find it difficult to stop taking drugs.

Step 5 - Stay social

Losing touch with friends and family can be a significant risk factor for suicide.

If you find it difficult to make friends, you may benefit from joining a local group, such as a book group or exercise group.



Helpful contacts

MIND

www.mind.org.uk
0300 123 3393 Weekdays 9am to 6pm

The Samaritans

www.samaritans.org
116 123 lines open 24 hours a day

CALM

www.thecalmzone.net
0800 58 58 58 5pm to midnight, 365 days a year

Saneline

www.sane.org.uk
0300 304 7000 6pm to 11pm every evening

TALK LIVERPOOL

www.talkliverpool.nhs.uk
0151 228 2300 Weekdays 9am to 6pm



**END THE
SILENCE
END
SUICIDE**



zerosuicidealliance.com