

Feeling sad, overwhelmed, or suicidal?

Difficult feelings happen from time to time...

- Sometimes feeling sad can be triggered by difficult life experiences (e.g. loneliness, bereavement, family problems, relationship breakdowns, assessment stress, moving house, adjusting to change)
- At other times, we may just feel low, anxious, or panicky, with no clear reason.
- We often want to get rid of difficult feelings. However, these feelings may be a sign that we need to address something in our lives and that we may need support

Suicidal thoughts and feelings...

- Thoughts and feelings about suicide are common, but many people choose not to share them
- Suicidal feelings can be terrifying and overwhelming
- It can be a lonely experience if you cannot turn to anyone

Managing difficult feelings...

- Remember that difficult feelings come and go
- You can access support from your GP and discuss options like medication and NHS talking therapy.
- You can access talking therapy with ArtsEd Counselling Service by completing the [Self-Referral Form](#)
- For crisis support, please turn over-

<p>If you have made a plan to harm yourself or think you may act soon:</p>	<p>Call 999 Or go straight to your local hospital A&E (Accident & Emergency) service</p>
<p>If you are having suicidal thoughts and don't know how to manage, here are some ideas:</p> <p>CALL A HELPLINE</p>	<p>Samaritans 24-hour confidential support and listening Tel: 116 123 Email: jo@samaritans.org Website: www.samaritans.org</p> <p>Hounslow Crisis Team – if you live in Hounslow Tel: 0208 483 1443 Website: Suicide prevention and crisis support</p> <p>HOPElineUK free confidential support for people under 35 (open 9pm to midnight every night) Tel: 0800 068 4141 Email: pat@papyrus-uk.org Text: 07860039967</p> <p>SHOUT 24/7 urgent mental health support Text: 85258 Website: Shout for crisis support</p>
<p>MAKE A SAFETY PLAN</p>	<p>Make an agreement with yourself not to act immediately Suicidal feeling can make us want to act but it is important to wait and see if they will pass</p> <p>Keep yourself safe from acting impulsively Remove sharp objects, avoid stockpiling medication, and avoid alcohol and/or drugs</p> <p>Contact someone you know – a friend or family member It can be helpful to share difficult feelings to get support and perspective</p> <p>Try to distract yourself with an activity Watch TV, listen to music, have a shower, write about your feelings, shout into a pillow</p>