



Sometimes life can feel so bad that you don't want it to go on any more.

Telling someone how you feel can be embarrassing or frightening. But talking to someone is the first step to staying safe, getting help and developing a sense of hope.

- Take one step and one day at a time
- Find something to positively distract you from negative thinking
- Look after yourself – eat and drink healthily, take a little exercise
- Sometimes it's easier to open up to people you don't know – you could call Samaritans on 116 123
- Go to A&E or call 999 if you are concerned that you can't keep yourself safe at that immediate time or have taken steps to hurt yourself

## ARE YOU FEELING SUICIDAL?

“I'm now much better and am so thankful that I spoke to my wife and parents on that day when I'd reached my lowest point. If I hadn't, and instead acted on my suicidal thoughts, I would have ruined so many people's lives. If you are struggling, don't keep things bottled up like I did, seek help.”

*Danny, 39, former England Rugby League player*

## ARE YOU BEREAVED BY SUICIDE?

Know that you are not alone and many others have and are experiencing similar emotions to yourself. There is information about support available from the Greater Manchester Suicide Bereavement Information Service.

**0161 212 4919**

(Monday to Friday 10am – 4pm  
excluding bank holidays)

Find out more at

**[shiningalightonsuicide.org.uk](http://shiningalightonsuicide.org.uk)**

SHINING A LIGHT ON  
**SUICIDE**

**TOGETHER**  
**WE CAN**  
**HELP**  
**PREVENT**  
**SUICIDE**

**[shiningalightonsuicide.org.uk](http://shiningalightonsuicide.org.uk)**

## Suicide affects us all

Encourage someone to talk  
before suicide seems their  
only option

## ARE YOU CONCERNED ABOUT SOMEONE?

Talking could be all it takes  
for you to prevent a tragedy

1 in 5 of us has thought  
about suicide at some point<sup>1</sup>

You don't have to be a health professional  
to help; you just need to be able to listen

Asking directly about suicide is the  
right thing to do if you are worried

You won't put the idea in a person's head if  
you ask them if they are considering suicide

Anyone who talks or writes about taking  
their own life should be taken seriously

### How you can help:

- Encourage them to ring and speak to Samaritans on **116 123**
- Suggest they contact their GP or mental health worker
- Talk through their Safety Plan with them, if they have one

Supporting information is available at [shininglightonsuicide.org.uk](http://shininglightonsuicide.org.uk)

If the person shares with you a specific suicide plan and has access to the means to take their life then they need urgent help - stay with them and take one of the following steps:

- Take them to the nearest Accident and Emergency (A&E) department
- Ring **999** or **NHS direct** (111 from any landline or mobile phone, free of charge)

Suicide is the biggest killer of men under 49<sup>2</sup>

Suicide is the leading cause of death in people aged 15–29 years<sup>3</sup>

Half of gay and bisexual men said they have felt life was not worth living<sup>4</sup>

Student suicides grew by 79% between 2007 and 2015<sup>5</sup>

Over 200 people take their own life in Greater Manchester each year<sup>6</sup>

For information visit  
[shininglightonsuicide.org.uk](http://shininglightonsuicide.org.uk)

If you're struggling to cope  
call Samaritans on 116 123

#shininglightonsuicide

### Sources

- 1 Page 9 of Centre for Public Scrutiny report, October 2018 'Providing a lifeline: Effective scrutiny of local strategies to prevent or reduce suicide'
- 2 National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (2016) Office of National Statistics, What do we die from? (2015)
- 3 GM Suicide Prevention Strategy 2017-2022
- 4 Gay and Bisexual Men's Health Survey, Stonewall and Sigma Research, 2011
- 5 IPPR Not By Degrees, September 2017
- 6 GM Suicide Prevention Strategy 2017-2022