



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

SHINING A LIGHT ON
SUICIDE

TOGETHER
WE CAN
HELP
PREVENT
SUICIDE

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 point¹

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 shiningalightonsuicide.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 49²

Suicide is the leading cause of death in people aged 15-29 years³

Half of gay and bisexual men said they have felt life was not worth living⁴

Student suicides grew by 79% between 2007 and 2015⁵

Over 200 people take their own life in Greater Manchester each year⁶

For information visit
shiningalightonsuicide.org.uk

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

#shiningalightonsuicide

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