

Care about Suicide

Concern - Are any of the following present?

- Significant change in mood e.g. anxiety, agitation, low mood
- Significant changes in appearance, personal hygiene, weight loss
- Loss of interest in things they previously enjoyed doing e.g. seeing family/friends, hobbies
- Is the person saying: 'I can't sleep' 'I don't want to wake up' 'There is no point in going on', 'All of my problems will end soon', 'No one can do anything to help me now' 'I wish I was dead'
- Giving away possessions
- Looking for means to hurt or kill themselves e.g. hoarding tablets
- Writing or talking about death
- Making preparation - someone to look after their pets, saying goodbye
- Has the person experienced a stressful event e.g. bereavement, loss of partner, breakdown of relationship, redundancy, diagnosis of health problem
- Increased alcohol/drug use
- Hopelessness

IF YES

Ask - Have you had thoughts of taking your own life? Are they present now?

IF YES

Respond

Believe - take seriously
Don't judge

Allow them to talk
Try not to act shocked

If someone is in immediate risk then phone 999 and stay with that person until help arrives. Do not put your own safety at risk by getting physically involved.

If no immediate risk follow the 'Explain' section

Explain - If 18 years and above

Explain you can't keep this information to yourself; 'I am worried about you and I need to do something'
Consider whilst with the person

- Ask if person has a social worker/key worker contact them
- If worried seek advice from Crisis service on (01709) 302670 (24 hours)
- Encourage the person to contact GP
- Leave person with Crisis and Samaritans numbers (Samaritans 01709 361717 / 08457909090 24 hrs)

Explain - If under 18 years

Explain you can't keep this information to yourself; 'I am worried about you and I need to do something'

Immediate action: stay with the young person AND

- Contact CAMHS Advice/Duty number (01709) 304808
 - Seek advice from Crisis service on (01709) 302670 (24 hours)
- Consider whilst with the young person:
- Contact family /carer
 - Safeguarding referral/advice
 - If young person has a social worker / key worker contact them
 - Encourage the person to contact GP, school nurse or someone they trust
 - Leave person/family/carers with CAMHS, Crisis and Samaritans numbers
 - POPYRUS Prevention of young suicide, HOPELineUK 0800 068 41 41 www.papyrus-uk.org/

Care about Suicide

Mental health and mental health problems

Mental health is something everyone has, like physical health. It is about how a person thinks and feels. Mental health affects how we cope with life events sad ones or happy ones. A person's mental health affects how they learn, function from day to day, how they form, keep and end relationships.

Mental health problems are when there are disturbances in the way a person feels, thinks and behaves. Mental health problems are common with 1 in 4 adults developing a mental health problem in any one year.

Looking after your mental health

We all need to look after our mental health regardless of whether we have a mental health problem. The following can help keep us mentally well:

- *Eat Healthily*
- *Drink water. Cut down on caffeinated drinks*
- *Get enough sleep*
- *Don't smoke, seek support to quit smoking*
- *Limit alcohol intake*
- *Take up physical activity*
- *Talk about your feelings*
- *Take up a hobby or learn a new skill*
- *Keep warm, try and heat the living room at 21°C and other rooms to 18°C*

A person may not be suicidal but you may still be concerned

Encourage them to contact their GP, they will be familiar with their medical history and will be able to direct them appropriately which may include a referral to the Primary Care IAPT (Improving Access to Psychological Therapies) Service in Rotherham.

Rotherham Primary Care IAPT Service is (made up of) a team of health professionals based at GP surgeries who are skilled in helping people 18 years and older overcome emotional and mental difficulties like:

- *Depression.*
- *Stress*
- *Anxiety*
- *Sleep problems*
- *Confidence and self-esteem problems*

Rotherham Primary Care IAPT Service offers other help in addition to sessions within GP surgeries including books on prescription stress control classes and workshops to help with sleep.

For further information ring 01709 302630.

Self-Care

It can be stressful helping people who are in any kind of emotional distress.

It is important to look after your own mental health. Some of the following things will help:

- Use the advice in '**Looking after your own mental health**' above.
- If you need to talk to someone in confidence talk to your GP, Ring Samaritans 01709 361717 / 08457909090 24 hrs

These contacts offer further helpful information:

LOCAL

- Smoking cessation - 01709 422444
- Alcohol - 01709 364804 or see your GP
- Drugs - 01709 447210
- Young People Substance Misuse KTS - 01709 836047

NATIONAL

- <http://www.mind.org.uk/>
- <http://www.mentalhealth.org.uk/>
- <http://homeheathelpline.org.uk> - 0800 336699
- <https://quitnow.smkefree.nhs.uk> - 0800 022 4332
- <http://www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx>