



**World Suicide Prevention Day**

**Friday 10th September 2021**

## **Take Time To Reach Out**

**Taking time to reach out to someone in your community, a family member, friend, colleague or even a stranger, could change the course of another's life.**

You can help give someone hope by showing that you care. All of us can play a role, no matter how small. We may never know what we do that makes a difference. We all can reach in and ask somebody. You do not need to tell them what to do or have solutions, but simply making the time and space to listen to someone about their experiences of distress or suicidal thoughts can help. Small talk can save lives and create a sense of connection and hope in somebody who may be struggling.



### **Look out for those who are not coping**

Warning signs of suicide include: hopelessness, rage, uncontrolled anger, seeking revenge, acting reckless or engaging in risky activities – seemingly without thinking, feeling trapped like there's no way out, increased alcohol or drug use, withdrawing from friends, family & society, anxiety, agitation, unable to sleep or sleeping all the time and dramatic mood changes.



### **You don't need to have all the answers**

People are often reluctant to intervene, for many reasons, including a fear of not knowing what to say. It is important to remember, there is no specific formula. Individuals in distress are often not looking for specific advice. Empathy, compassion, genuine concern, knowledge of resources and a desire to help are key to preventing a tragedy.



### **Don't be afraid to ask someone if they are suicidal**

Another factor that prevents individuals from intervening is the worry of making the situation worse. This hesitance is understandable as suicide is a difficult issue to address, accompanied by a myth that suggests talking about it may instigate vulnerable individuals to contemplate the idea or trigger the act. Evidence suggests that this is not the case. The offer of support and a listening ear are more likely to reduce distress, as opposed to exacerbating it.



The listening ear of someone with compassion, empathy and a lack of judgment can help restore hope. We can check in with them, ask them how they are doing and encourage them to tell their story. This small gesture goes a long way.

**Take time** to notice what is going on with you, your family, your friends and your colleagues. By stepping closer and reaching in we can be aware of those around us who need help.

**Take time** to reach out and start a conversation if you notice something is different. By stepping closer and reaching in, we can encourage those with suicidal thoughts to reach out.

**Take time** to find out what help is available for both you and others. By stepping closer and reaching in, we can support those in need by sitting with them in their pain.

**Every action can connect someone to life and the help they want.**  
To prevent suicide requires us to **become a beacon of light** to those in pain.

**YOU CAN** *be the light* 





One in every 100 deaths worldwide is the result of suicide. It can affect every one of us. Each and every suicide is devastating and has a profound impact on those around them. However, by raising awareness, reducing the stigma around suicide and encouraging well-informed action, we can reduce instances of suicide around the world. World Suicide Prevention Day is an opportunity to raise awareness of suicide and to promote action through proven means that will reduce the number of suicides and suicide attempts globally.

### You Are Not Alone

**If you are struggling and need to talk to someone, there is lots of support available:**

You can always dial 999 or visit the [Northern General Hospital](#) if you need urgent help.

**Single Point of Access (SPA)** is the single means for adults in Sheffield to access mental health support when they are in crisis. They can be contacted 24/7 on 0114 2263636. Their freephone number is 0808 1968281. If you work for an agency such as the police, ambulance service, local authority or similar, and require urgent mental health support you can call 24/7: 0114 226 3797.

**Samaritans** provide emotional support for people who are experiencing feelings of distress or despair, including feeling suicidal. You can contact their helpline, email them, or use their webchat feature. They are available 24 hours a day, 365 days a year. They are open to all age groups and backgrounds, nationwide.

- Call 116 123 / Email [jo@samaritans.org](mailto:jo@samaritans.org) / Webchat: <https://webchat.samaritans.org/>

**Shout** is a free 24/7 text line for anyone in crisis anytime, anywhere.

- Text Shout to 85258

**Papyrus** give non-judgemental support, practical advice and information to anyone under 35, as well as anyone concerned about a young person. Open every day, 9am to midnight.

- Call: 0800 068 4141 / Text: 07786 209697

**National Suicide Prevention Helpline UK** is a helpline offering a supportive listening service to anyone with thoughts of suicide, or who is supporting someone who is suicidal. Anybody is welcome to call them if you need to talk. Open daily, 24 hours a day.

- Call: 0800 689 5652

**CALM, the Campaign Against Living Miserably**, exists to prevent male suicide through their helpline, website, and campaigns. Open daily, 5pm to midnight.

- Call: 0800 58 58 58

**Rethink Sheffield Helpline** is a local telephone service for anyone over the age of 16 affected by mental health issues. They can provide you with emotional support and information. This service runs 24 hours a day, 7 days a week. They aim to answer your call within 3 rings, but if they are busy, please try again.

- Call: 0808 801 0440

**YoungMinds Crisis Messenger** text service provides free, 24/7 crisis support to young people across the UK. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

- Text YM to 85258

<https://www.sheffieldsuicidesupport.co.uk/> provides lots of other links for help, support and information.



This leaflet was put together and distributed by Darnall Well Being - a local, community health organisation. We have been working in Darnall for over 20 years, helping the people of Darnall, Tinsley and Acres Hill to stay healthy.

Darnall Well Being cannot offer crisis support, but we can help if you need some support with managing your mental health and wellbeing, if you are feeling isolated, or if you need support with things like losing weight, quitting smoking, managing diabetes or pain.

You can be referred to us by a GP or you can refer yourself, by contacting us on 0114 249 6315 or by email at [dwb.enquiries@darnallwellbeing.org.uk](mailto:dwb.enquiries@darnallwellbeing.org.uk).

You can also find out more about what we offer on our website: <https://www.darnallwellbeing.org.uk> or by following on us on Twitter, Instagram or Facebook: @darnallwb