

**Struggling
to find a reason
to stay alive?**

See what others have said
www.bit.ly/reasonsive

**It's OK
to talk**

There is no
shame in seeking
help when you are feeling
stressed, depressed or
experiencing a crisis
www.bit.ly/find-help



**Difficult
talking about it?**

Struggling to cope?
Feeling alone?
Need someone to listen?

**It's OK
to talk**

**Thinking
about suicide?
Stay safe for now:**

Download the free Stay Alive
app onto Android Smartphone
or iPhone

Support and tools to
help you stay safe

**Thinking
about suicide?**

Be honest with yourself.
Tell someone. You don't
have to be alone.
Stay safe. Get help.

**It's OK
to talk**





Together we can make our communities safer from suicide.

www.prevent-suicide.org.uk

Produced by Grassroots, a Brighton & Hove suicide prevention charity offering training across East Sussex.

Charity number 1149873

East Sussex Mental Health Directory of Community Support:

www.bit.ly/EastSussexMHD



Take the pledge!

I pledge that I will:

- tell someone if I'm struggling and need help;
- reach out and tell you if I'm worried about you;
- listen to you, without judgment if you need someone to talk to;
- ask you, directly, if I think you're trying to tell me about suicide;
- help you get support if you're struggling and/or thinking about suicide.



Scan me!

www.bit.ly/TellMePledge



Find help

East Sussex Samaritans open 24/7. You can talk about your thoughts of suicide. Call free on 116 123. Hastings: (01424) 436666 and Eastbourne: (01323) 735555 Email: jo@samaritans.org

Sussex Mental Healthline for anyone experiencing mental health problems including anxiety & depression. Open Mon-Fri 5pm-8pm, weekends & bank holidays 24 hours: 0300 5000 101

A&E – Conquest Hospital, St Leonards-on-Sea TN37 7RD Tel: (01424) 755255 **Eastbourne District General Hospital**, Eastbourne, BN21 2UD Tel: (01323) 417400. If you feel you are in immediate danger call 999

Counselling Partnership - Support for Survivors of Suicide across the county (01273) 519108 Email: counselling@sussexcommunity.org.uk

Together Your Way Wellbeing centres across the county, offering support & information for people experiencing mental health issues. www.together-uk.org

Online resources www.bit.ly/find-help

Download our Stay Alive suicide prevention app on the Apple App Store or Google Play

Worried about someone else?

Be alert – Not everyone who thinks about suicide will tell someone, but there may be warning signs.

Be honest – Tell the person why you're worried about them, and ask about suicide. Tell them you want to know how they really are, and that it's OK to talk about suicide.

Listen – Just listening is one of the most helpful things you can do. Try not to judge or give advice.

Get them some help – It's OK if you don't know how; the ideas in this leaflet can get you started.

Take care of yourself – You may find it helpful to discuss your feelings with another friend, or a confidential service.

Thinking about suicide?

Wait – Decide not to do anything right now to hurt yourself. You do not have to act on your thoughts of suicide. When we are struggling to cope our mind closes down on creativity and our problem solving skills become much more limited. Your thoughts and feelings CAN change.

Talk to someone – It could be a friend or family member, or a support service of some kind. There are people who want to listen and who can help you.

Find help – Make an urgent visit to your GP or go to A&E. Have a look at the information on this card to find out where else you can go for help.

Try to keep yourself safe for now – Agree with yourself and someone else that you will try not to act on your thoughts of suicide as further help is being arranged.

SAFETY PLAN CARD

If I feel I cannot stay safe from suicide... I will talk to:

I will seek help from:

I will calm / comfort myself by:

I will go somewhere I am safe:

My ideas for keeping safe:
