

Other useful websites:

The Royal College of Psychiatrists
www.rcpsych.ac.uk/healthadvice/atozindex.aspx

Advice from Mind:

www.mind.org.uk/information-support/mental-health-a-z/

Useful leaflets:

www.ntw.nhs.uk/pic/selfhelp/

Health A-Z at:

www.nhs.uk

Free meditation exercises:

<http://franticworld.com/free-meditations-from-mindfulness/>

Feeling suicidal?

Your University at your side

Mental Health and Wellbeing at the University of
Wolverhampton:

- provide free and confidential individual counselling
- offer non-judgemental support and understanding
- are professionally trained
- are experienced in dealing with a wide range of problems

Counselling can:

- help you to develop your strengths
- offer you the chance to focus on and understand your difficulties
- enable you to make positive decisions and changes
- help you to develop the skills and resources to cope
- help prevent small problems from becoming bigger

Get in touch

You can make an appointment to see a counsellor by filling out the Contact Us form at www.wlv.ac.uk/SSW, alternatively, you can come along to one of our drop-in services. For more information go to the web address above and click on the Mental Health and Wellbeing option. From here you will find a wealth of useful information and self-help tools as well as our Drop-ins and Group activities.

Feeling suicidal?

Or know someone who is?



As you have chosen to read this, it is possible that you may be having suicidal thoughts yourself, or you could be concerned about someone you know. For those who are feeling suicidal, it is important to seek help, or talk to somebody, at the earliest possible opportunity.

Introduction

We acknowledge that currently you (or your friend) may be feeling as though there is little hope for the future, that there seems to be no alternative, or that you (or they) would just like the pain to cease. However, our research and our experience with survivors of suicide attempts suggest that when the crisis is past, those who have made an attempt on their lives are relieved that they did not succeed.

We acknowledge that someone who is feeling suicidal may feel their problems are insurmountable. They may be feeling overwhelmed, angry, unable to cope, alone, lonely, guilty or hopeless. Experience, however, shows us that there is usually the opportunity for things to be different if they are given the opportunity to talk or take other action.

And it is important to be reminded of something that seems so obvious when thinking rationally: death is permanent!

Ideas for seeking help/talking it through

Try speaking to someone right now. Here are some options, depending on what time of day the crisis is happening:

- A good friend
- A partner
- A member of your family
- Your doctor
- Someone from the University Counselling Service
- Someone from the Chaplaincy
- Someone in a position of responsibility
- A crisis phone line and a crisis team

Immediate concern

From time to time, there are those of us who experience suicidal feelings and thoughts, but if someone is actually talking seriously about making an attempt on their life, this is different. Where they show a firm intention to proceed, try not to leave them, particularly if they have the means to go through with it. And as soon as you can, involve others, get help; the emergency services if necessary.

Helping someone you know

It may be difficult to know how to react to someone you think may be having thoughts about suicide, or someone who has mentioned such feelings to you. However, here are one or two ideas which might help you to help them:

- Often, people who are thinking of killing themselves need to talk things through with someone who will not judge them, but they may not be sure how to start or who they can trust. Let them know you will listen, take them seriously and not dismiss their thoughts as 'attention seeking'.
- Do not worry about talking about suicide, or being accused of planting the idea in someone's head. When depressed, suicidal thoughts can be around, (although not everybody who is depressed has them). If a person has been thinking of suicide, they will often be relieved and grateful that you are willing to be open-minded and non-judgmental. It shows you truly care and take them seriously.
- Try to retain your own sense of purpose; it is useful for you and your friend to try not to give up hope, despite a feeling that there aren't any answers. You can listen while remembering that with time, care and attention, most difficulties can be solved.
- Acknowledge to yourself how much you can take on. Once the crisis is over you yourself might want to contact some of the services listed overleaf in order to have an idea of what steps could be taken to get support for the person you know, and yourself.
- Note that particularly vulnerable people include those who are drunk or under the influence of drugs; those who have attempted suicide before; or those who have a clear idea of how they are going to do it.
- Anybody who has made an attempt on their life should be seen by a medical expert, even if they look okay as the harmful effects, particularly of an overdose, can sometimes be delayed. Professional help does not have to be long term, although those suffering from depression, or other mental health difficulties, may want help over a longer period of time.
- You can seek help from the University Mental Health team (details overleaf) either if you yourself are feeling suicidal, or if you are worried about someone else.

You might like to look at:

Samaritans website – visit: www.samaritans.org.uk

Befrienders Worldwide website – visit: www.befrienders.org

SANEline website – visit: www.sane.org.uk

Papyrus, a voluntary UK organisation for the prevention of young suicide and the promotion of mental health website – visit: www.papyrus-uk.org

Students Against Depression website – visit: www.studentdepression.org

www.metanoia.org/suicide/

People you might want to contact:

- Samaritans: Specialists in despair and suicidal thinking
Tel: 01902 426 422 or tel: 08457 90 90 90, or visit: www.samaritans.org.uk
- Emergency services – tel: 999
- Your local A&E hospital: New Cross Hospital, Wednesfield Road, Wolverhampton, WV10 0QP.
Tel: 01902 307 999
- Manor Hospital, Moat Road, Walsall, WS2 9PS.
Tel: 01922 721172
- Royal Shrewsbury Hospital, Mytton Oak Road, Shrewsbury, SY3 8XQ.
Tel: 01743 261 000
- Staffordshire General Hospital, Weston Road, Stafford, ST16 3SA. Tel: **01785 257 731**
- Princess Royal Hospital, Apley Castle, Telford, Shropshire, TF1 6TF. Tel: **01952 641 222**
- Your doctor
- NHS 111 – tel: **111**
- Victim Support – tel: **0300 303 1977** or visit: www.victimsupport.org.uk
- Rape Crisis England and Wales – visit: www.rapecrisis.org.uk
- Women's Aid: 24 hour Domestic Violence Helpline – tel: **0808 2000 247** or visit: www.womensaid.org.uk
- Refuge provides aid and refuge to women and children – tel: **0808 2000 247** or visit: www.refuge.org.uk
- Survivors UK provides help for men who have been sexually abused or raped – visit: www.survivorsuk.org or tel the UK National Helpline: **0845 122 1201**

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