

How to help others?

- Just listen
- Provide welcoming and non judgemental environments
- Check in on friends and colleagues
- Inform peers and colleagues about information, campaigns and services
- Don't feel like you have to have all the answers



Contact us

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Suicide prevention

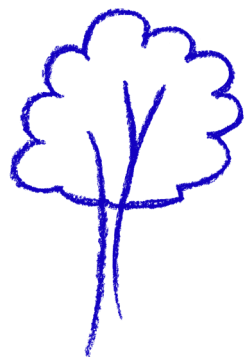


At HEH Mind we work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community. Our services include

- Adult wellbeing
- Family wellbeing
- Children and young peoples wellbeing
- Training and workplace wellbeing
- Advocacy
- Anti stigma/ discrimination campaigning
- Fund and awareness raising

HEH Mind services and support are available across the Havant Borough and East Hampshire District, with some projects and service available across Hampshire.

Importantly we are a separate charity to National Mind. When you choose who to fundraise for us you will need to select 'Havant and East Hants Mind' to raise for the local services we deliver. Donations to 'Mind' will not come to us or to local services.



Think about how often you post

Regularly posting content about suicide can be distressing for others and can affect your own wellbeing.

Be careful what you repost or share

Sharing unhelpful posts about suicide can help to spread unintentional harmful messages to thousands of people online. Try to only share posts that come from reputable sources that talk about suicide in a safe and sensitive way.

Share messages of hope and recovery

Research has shown that positive stories about people overcoming a crisis and how they have recovered from this can encourage vulnerable people to seek help and is associated with fewer suicides.

Don't speculate about suicide

Try not to speculate about potential changes in suicide rates or the details around someone's suicide. Remember suicide is complex and caused by lots of different factors so avoid attributing it to a single cause, such as social media or bullying, which could increase the suicide risk of someone experiencing similar issues.



How to talk about suicide safely online

The way we talk about suicide online is important. Making sure you post safely and responsibly can reduce the risk of suicidal feelings and behaviours in others and encourage people to seek help.

Whether you are trying to raise awareness, you have seen something in the media or you are sharing your personal experience, posting safely can make a difference.

Ask yourself why you are posting

Think about the potential impact your post could have on others, such as people in distress or people with personal experience.

Use a trigger warning

Some people might be upset by seeing something about suicide online, even if it is supportive or helpful. Consider putting a note at the beginning of your post explaining that it relates to suicide to let others decide whether they want to look at it. For example, you could write “Trigger warning – this post discusses suicidal feelings”.

Use sensitive language

Try to use phrases like ‘ended their own life’, rather than ‘committed suicide’ which can make it sound like a crime. Avoid language that suggests suicide is quick, painless, or a solution to a problem.

Signpost to support

Whenever you talk about suicide online, try to include a link to available support, such as Samaritans, and encourage people to reach out for help.

What are suicidal feelings?

Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. Or it can mean thinking about methods of suicide or making clear plans to take your own life.

The type of suicidal feelings people have varies person to person, in particular in terms of:

How intense they are

- Suicidal feelings are more overwhelming for some people than others. They can build up gradually or be intense from the start. They can be more or less severe at different times and may change quickly.

How long they last

- Suicidal feelings sometimes pass quickly, but may still be very intense. They may come and go, or last for a long time.



Who is at risk?

Anyone can have suicidal feelings, whatever their background or situation in life. Suicidal feelings have a wide range of possible causes.

Studies do show that some groups experience higher rates of suicide than others. Statistics show that men, for example, and people from LGBTIQ+ communities are more likely to take their own lives.

People can also be more vulnerable to suicide if:

- They have attempted suicide before – if someone has previously tried to end their life, there is a greater than average chance they may try to do so again in future
- They have self-harmed in the past – self-harm is not the same as feeling suicidal, but statistics show someone who has self-harmed could be more at risk of suicide
- They have lost someone to suicide – people who have been bereaved by suicide are also more at risk of taking their own lives.



Value yourself

- Write a letter to yourself
- Make plans to look forward to
- Build your self-esteem
- Celebrate yourself
- Do things just for yourself

Connect with other people

- Seek support
- Let others know how you are feeling
- Try peer support

Look after your physical health

- Try to get good sleep
- Avoid recreational drugs and alcohol
- Think about your diet
- Try some physical activity



How can I cope in the future?

If you have experienced suicidal feelings in the past, you may be worried that these feelings might return.

Or if you are feeling low now, you might worry that these feelings will get worse.

But there are steps you can take to look after and improve your general wellbeing when you're feeling low. You can also do things to prepare in case you feel suicidal again:

Make a safety plan

This plan is personal to you, and may include:

- How to recognise your warning signs
- Details of your own coping strategies
- The names and contact details of anyone who may be able to help (family, friends and or professionals)
- Any helplines or listening services who help you
- Making your immediate environment safe
- Details of a safe place you can go, if you need to

Learning to manage difficult feelings

- Take each day at a time, with small manageable goals
- Develop coping strategies that work for you
- Make a happy box
- Learn your triggers
- Do not blame yourself

How can I cope right now?

You might be feeling so upset, angry and in pain that you believe these feelings will never end. But it's important to remember that they cannot and will not last. Like all feelings, these ones will pass. There are steps you can take right now to stop yourself from acting on your suicidal thoughts. Everyone is different, so it's about finding what works best for you.

Get safe right now

- Get through the next five minutes
- Remove anything you could use to harm yourself
- Follow your safety plan or crisis plan
- Tell someone how you're feeling

Distract yourself

- Try self-harm coping techniques
- Focus on your senses
- Steady your breathing
- Go outside
- Contact a helpline or listening service

Challenge your thoughts

- Tell yourself you can get through this
- Find your reasons to live
- Be kind to yourself

Where can I get treatment and support for suicidal feelings?

If you are experiencing ongoing suicidal feelings, you might feel as if there's nothing that could help. But there is support available to help you cope with the problems that may be causing you to feel suicidal. That can include:

- Support through your GP
- Helplines and listening services
 - Such as Samaritans or ChildLine
- Peer support
 - togetherall.com or sidebyside.mind.org.uk
- Talking therapies
- Medication
- Crisis services
 - Samaritans, Safe Havens, Emergency Services



Our Safe Havens

What is the Adults' Safe Haven?

The Adults' Safe Haven is for any adult needing immediate support at a time of crisis. At the Safe Haven individuals develop short and longer term coping strategies. Open every evening 6pm-10pm

The Adults' Safe Haven service will offer:

- Intervention, support and advice to de-escalate mental health crisis
- Advice and support to empower future self management
- Tips and tools to promote good mental health/ wellbeing
- Signposting into relevant and appropriate services

What is the Children and Young People's Safe Haven?

- An out of hours crisis support service for any young person in the Havant Borough aged 11-17 years old
- Safe Haven provides a safe confidential space for young people experiencing difficulty with their mental health or wellbeing to access immediate emotional support
- CYP Safe Haven is open Tuesday to Thursday 5pm to 8pm