

Suicide Prevention

A large, thick, blue brushstroke graphic that forms a continuous, overlapping loop, resembling a stylized infinity symbol or a figure-eight shape. It is positioned in the lower half of the page, framing the text.

 **mind** Havant and East Hants



Mind Havant and East Hants

Havant and East Hants Mind work to promote good mental health and seek to support and empower people to lead a full life as part of their local community.

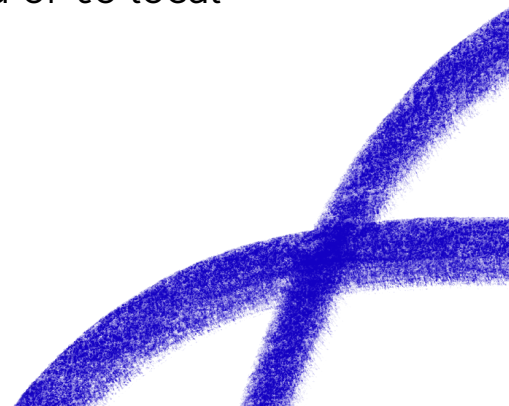
Since 1990 HEH Mind has and continues to offer a range of services and support to individuals and groups across South and East Hampshire, with some of our services, support and projects being Hampshire wide

Our services include:

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

HEH Mind services and support are available across South and East Hampshire, with some projects and service available Hampshire wide.

Importantly we are a separate charity to National Mind. If you choose 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 HEH Mind or to local services.



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.

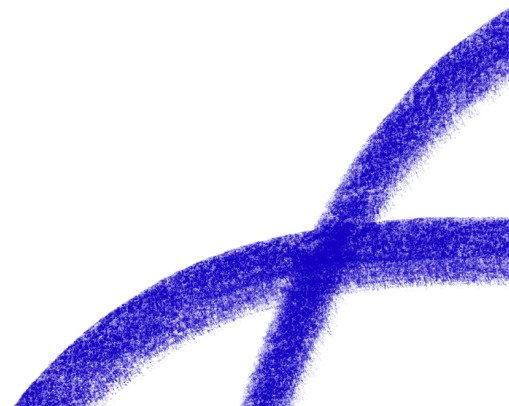
The type of suicidal feelings people have varies person to person, in particular in terms of:

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.



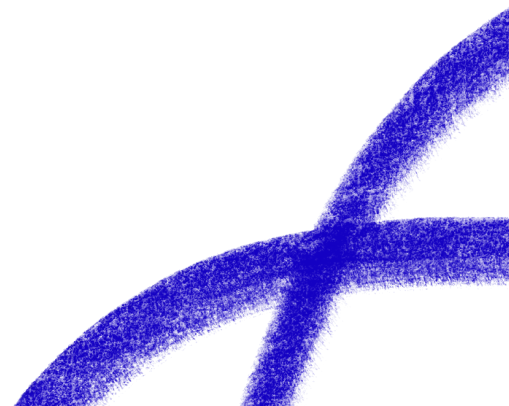
Who is at risk?

Anyone can have suicidal feelings, whatever our 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:

- 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
- 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
- Have lost someone to suicide – people who have been bereaved by suicide



How can I cope right now?

We might be feeling so upset, angry and in pain that we 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 we can take right now to stop ourselves from acting on our suicidal thoughts. Everyone is different, so it's about finding what works best for us.

Get safe right now

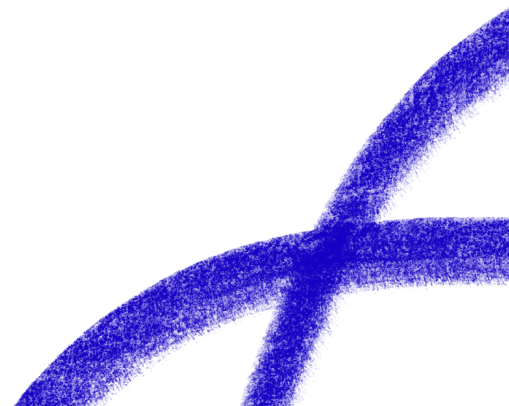
- Get through the next five minutes
- Remove anything you could use to harm yourself
- Follow our safety plan or crisis plan
- Tell someone how we are feeling

Distract yourself

- Try self-harm coping techniques
- Focus on our senses
- Steady our 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

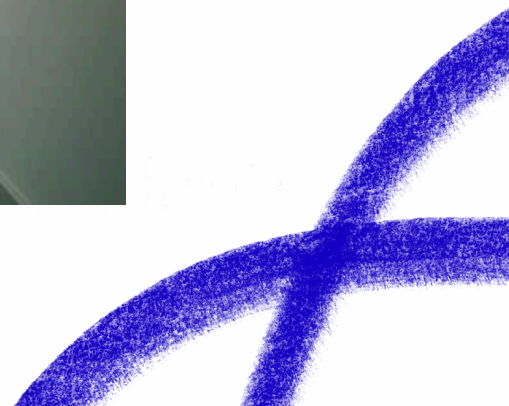


Where can I get treatment and support for suicidal feelings?

If we are experiencing ongoing suicidal feelings, we might feel as if there's nothing that could help. But there is support available to help us cope with the problems that may be causing us 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, such as Samaritans, Safe Havens, Emergency Services



Our Safe Havens

What is the Adults' Safe Haven?

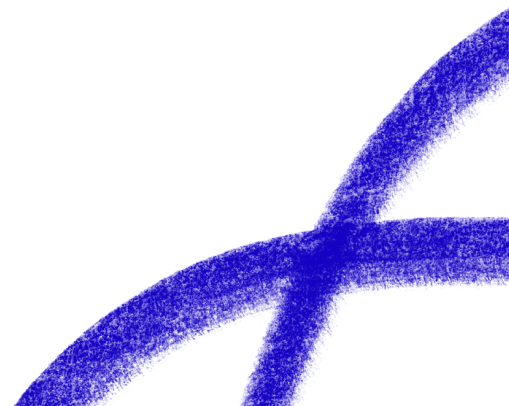
The Adults' Safe Haven is for any adult needing immediate support at a time of crisis. At the Safe Haven individuals develop short and longer term coping strategies. Open every evening 6pm-10pm

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



How can I cope in the future?

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

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

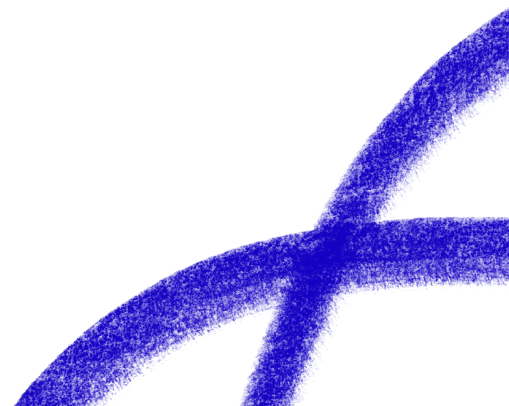
But there are steps we can take to look after and improve our general wellbeing when you're feeling low. We can also do things to prepare in case you feel suicidal again:

Make a safety plan

This plan is personal, and may include:

- How to recognise our warning signs
- Details of our 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 us
- Making our immediate environment safe
- Details of a safe place we can go, if we need to

Learning to manage difficult feelings

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

Value ourself

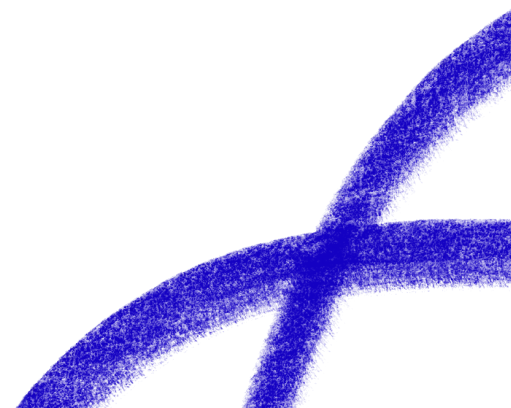
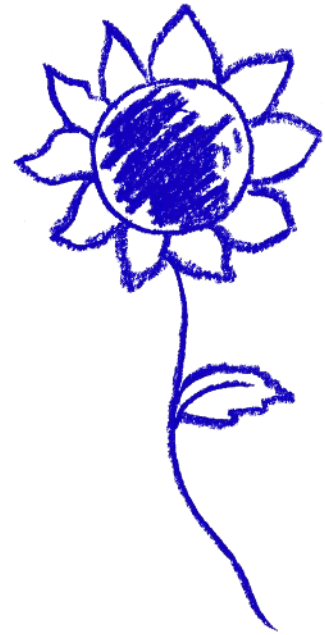
- Write a letter to ourself
- Make plans to look forward to
- Build our self-esteem
- Celebrate ourself
- Do things just for ourselves

Connect with other people

- Seek support
- Let others know how we 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 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 we are trying to raise awareness, we have seen something in the media or we are sharing our personal experience, posting safely can make a difference.

Ask yourself why we are posting

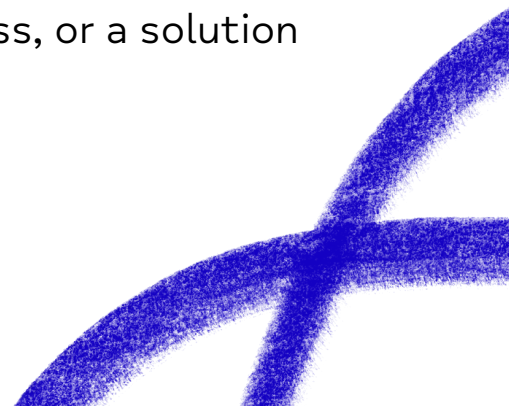
Think about the potential impact our post could have on others, such as people in distress or people with personal experience.

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 the post explaining that it relates to suicide to let others decide whether they want to look at it. For example, we 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 we talk about suicide online, try to include a link to available support, such as Samaritans, and encourage people to reach out for help.

Think about how often you post

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

Be careful what we repost or share

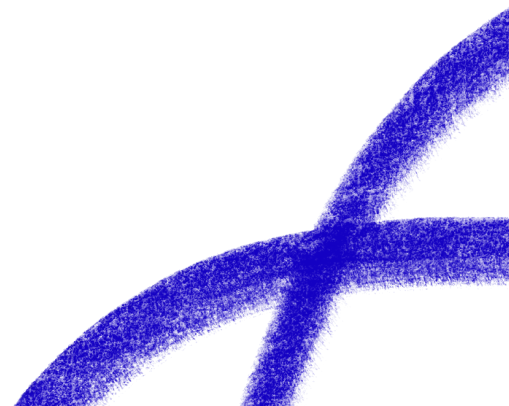
Sharing unhelpful posts about suicide can help to spread unintentional harmful messages to thousands of people online. Try to only share posts that come from reputable sources that talk about suicide in a safe and sensitive way.

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.



Want to know more?

Contact our Adult's Safe Haven Team by calling
0300 303 1560

Contact our Young People's Safe Haven Team by calling
0300 303 1580

To find out about other services, workplace support,
fundraising and events please visit our website or social
media channels.



Havant and East Hants Mind
Leigh Park Community Centre
Dunsbury way, Havant,
Hampshire, PO95BG

www.easthantsmind.org
Charity No: 116301

Scan to visit our website

