

There may be times when you feel hopeless or as if life is not worth living. You may be having thoughts about ending your life or thoughts about harming yourself.

Unfortunately, having suicidal or self-harm thoughts is a common experience for many people who are depressed, anxious, or going through a stressful time.

It's a frightening symptom to experience and can leave you feeling confused and distressed. It may feel as if things will be permanently hopeless or difficult, but things **can** change. Feeling like this is a sign to **ask for help**.

By getting support and following a safety plan, you can help the thoughts and feelings to pass. If you have a keyworker or mental health team, please follow their advice on how to keep safe. If you do not have a keyworker or a mental health team, please have a look at the advice in this leaflet.

Local drop in support

Recovery Cafés – supportive spaces for people who are experiencing mental health issues. No appointment necessary.

Recovery Cafes are open: 6pm – 11pm (Mon-Fri) and 12 noon – 11pm (Sat / Sun & bank holidays) at the below locations:

Tooting Recovery Café: 966 Garratt Lane, London SW17 0ND. Email: recoverycafe@hestia.org or call 07794 394 920

Sunshine Recovery Café: 296a Kingston Rd, London SW20 8LX. Email: info@sunshinerecoverycafe.org or call 07908 436 617

Twickenham Recovery Hub: 32 Hampton Road, London TW2 5QB. Email: recoveryhub@rbmind.org or call 020 3137 9755

Kingston Recovery Hub: Alfriston Centre, 3 Berrylands Road, London KT5 8RB. Email: recoveryhub@rbmind.org or call 020 3137 9755

Kingston MIND
<https://www.mindinkingston.org.uk/>



NHS Kingston Talking Therapies
Hollyfield House,
22 Hollyfield Road,
Surbiton, KT5 9AL
Tel: 0203 513 4440

Email: kingstontalkingtherapies@swlstg.nhs.uk
Web: www.swlstg.nhs.uk/kingston-talking-therapies

Managing thoughts about
suicide and self-injury

For urgent support call the Mental
Health Crisis Line - **0800 028 8000**.



Managing your safety

Below are some ideas which may help you manage distress and keep safe. Ask a friend or family member to support you with this if you can.

Get rid of any means of harming yourself straight away.

Talk to a friend or family member.

If you can, go somewhere you'll have company and feel safe.

Do a soothing activity – for example take a bath, walk or exercise, watch your favourite film, listen to your favourite music.

Do an attention absorbing activity – for example a crossword, sudoku, mindful colouring.

Fill a box with the things that help you feel better – fragrance oils, CDs, pictures, boiled sweets, soft tactile fabrics – it's helpful to have soothing things to hand.

Find more ideas at Staying Safe:

<https://staying-safe.net/>

MIND how to manage a crisis:

<https://www.mind.org.uk/needurgent-help/what-can-i-do-to-help-myself-cope/>

If you have harmed yourself or have an injury needing medical attention, dial 999 or go to your local A&E. For urgent support call the Mental Health Crisis Line - **0800 028 8000**.

NHS – contact your GP or call 111

<https://111.nhs.uk/>

Samaritans - 116123 (24/7)

<https://www.samaritans.org/>

Suicide Prevention UK – 0800 689 5652

<https://www.spuk.org.uk/>

Papyrus Hope line - 0800 068 4141

Support for young people www.papyrus-uk.org

LGBTQ+ support services –

<https://shiningalightonsuicide.org.uk/the-lgbtq-community/>

Refugee and asylum seekers -

<https://www.refugeeactionkingston.org.uk/>

Calm - 0800 585858 - Support for men

www.thecalmzone.net

Domestic abuse advice –

<https://www.kingston.gov.uk/domestic-sexual-violence>

Other services, apps and info:

Shout text support:

<https://giveushout.org/>

Side by Side MIND online support

<https://sidebyside.mind.org.uk/>

Now Matters Now online support

<https://nowmattersnow.org/>

Hope Hub mental health support database:

<https://hubofhope.co.uk/>

Maytree suicide support:

<https://www.maytree.org.uk/>

SANE:

<https://www.sane.org.uk/how-we-help/emotional-support>

Stay Alive

<https://www.stayalive.app/>

Calm Harm

<https://calmharm.co.uk/>

Remember – difficult feelings pass, things can change, reach out.