

Managing Difficult Feelings



MANAGING DIFFICULT FEELINGS

What are suicidal thoughts and feelings?

If you are a young person living with suicidal thoughts, you may feel that you have so much emotional pain that you can't see another way to stop these feelings right now.

Thoughts and feelings are very different! But these thoughts do not have to be acted on, try to put some time between these thoughts and any actions, so you are able to get help as there are more positive options and solutions out there.

You are not alone. As many as 1 in 4 of us will experience these thoughts at some point in our lives.

Don't be afraid to **TALK**.

Talk to a trusted adult about how you are feeling

Ask for help and support

Listen to what they say and try out any coping skills they suggest

Keep yourself safe, know who to contact or where to go if things get too tough



You may feel...

...hopeless...
useless... guilty
...no point living...

you've let
people down...

that everyone
would be better
off without you...
...desperate ...

...alone...
overwhelmed ...

frightened...
confused...too
much emotional
pain...

numb...
physically ill...



Exam stress

Loss

Bullying, violence or abuse

Pressure or embarrassment on social media

Gender or sexual orientation

Had a major disappointment

Relationship breakdown

Serious illness

Why do I feel like this?

Suicidal thoughts and feelings can be a result of many different things or a number of smaller things that have built up.

Remember suicidal thoughts or urges to self-harm do not have to turn in to actions.

It may not feel like it right now but there is always another option



How can I stay safe right now?

If you feel unable to keep yourself safe from harm, or have a suicide plan that you are going to act on go to A&E or ring 999 for urgent help and support.

There are things you can do to help you manage these difficult feelings.

These include:

Make an appointment at the GP or ring NHS 111 (or ask a parent/carer to do this and to go with you). Tell the GP how you are feeling.

Talk to someone at home, school, college or contact one of the helplines (see the support list). By starting to talk about how you feel you are already seeking support.

This is a positive step forward.

Go somewhere or see someone who makes you feel safe.

Remove anything that could harm you.

Take 5 minutes at a time. Try to distract yourself.

You could go for a walk (exercise does help) or try steady breathing, focus on what can you smell, hear, touch, see and taste? Maybe you like to cook, draw, play a computer game, listen to music or even cleaning?

I don't know how to deal with my feelings

I feel really empty inside



Write down things to look forward to.

Like watching your favourite TV programme or seeing someone special. Think about all the people that care about you and that would miss you.

Look after yourself; drink plenty of water and have something to eat. Avoid drinking alcohol and taking drugs. Try to sleep.

Choose what you can cope with right now.

People do get through this every day and so can you!

How do I cope in the future?

Take one day at a time.

Remember it's ok NOT to be ok sometimes.

Write a journal or blog of your moods, thoughts and behaviour. Are you able to share this with someone to see if there is a pattern?

There are websites that offer different ways to cope. Try suggested coping techniques and see which work best for you.

Recognise we do not have control over everything; such as people becoming ill or other people's behaviour.

**Remember
you are strong
enough to beat
this!**



Plan something to do each day.

Go out in the fresh air

Meet up with friends or family (even though you may not want to)

Spend time with your pet

Learn something new! (how to cook or fix a bike)

Find out about Mindfulness, it can help change the way you feel.

Exercise more. It's a great way to improve your mental health because it releases chemicals that help improve your mood.

Whatever works for you!

Create a safety plan

When you are feeling better make a personal safety plan. Try to identify your triggers, your thoughts and feelings that are linked with the suicidal and self-harming thoughts.

Make a list of calming and positive things to do. Such as watch your favourite film, paint, write a poem, take photos, exercise ...

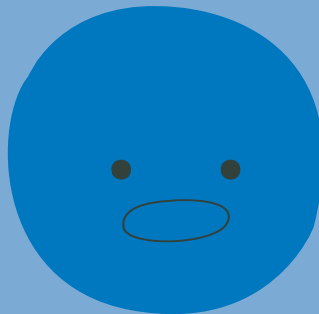
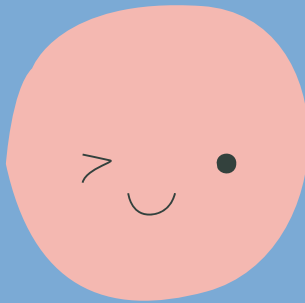
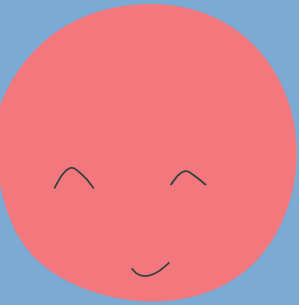
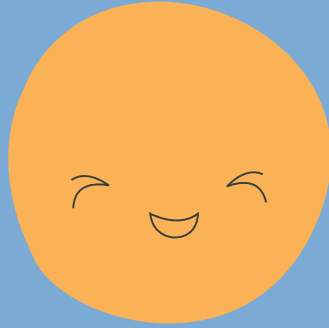
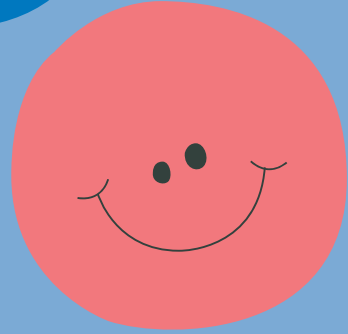
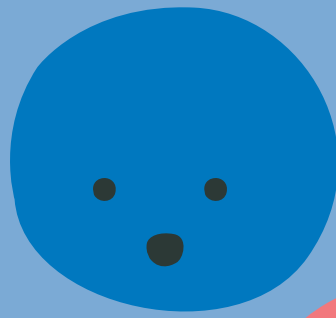
Write down the reasons to live and read them if you are feeling low.

Make a note of all the people and helplines you can contact.

Consider making a happy box.

Fill the box with things that make you smile and remind you of some positive things you have got. Include fun photos, holiday souvenirs, gig tickets, your best loved DVD, a USB with a mix of your favourite music and TV programmes, maybe a puzzle or note book, you can even add a chocolate bar...make it unique to you!





My personal plan

My triggers are

Positive things to do

Reasons to stay safe

People I can contact

Here to help

If you need medical treatment or have a suicide plan and are going to act on it, go immediately to A&E or call 999.

Contact your GP

NHS direct: call free on 111
24 hour helpline providing health advice and access to out of hours GP.

Samaritans

Free, any time, from any phone on 116 123
Email: jo@samaritans.org

Kooth

www.kooth.com
Free, safe and anonymous online support for 11 to 19 year olds

ChildLine

www.childline.org.uk
Free, any time, day or night for help with any worry (under 19's).
Call 0800 1111, email or use the online 1-2-1 counsellor chat.

Papyrus HopeLine

www.papyrus-uk.org
Offer online text or phone support to young people.
Call 0800 068 41 41 or text 07860 039967 or email: pat@papyrus-uk.org

YoungMinds

www.youngminds.org.uk
Their website has resources for children and young people, parents and professionals.

CALM

(Campaign Against Living Miserably)
www.thecalmzone.net
Offers help via the website and a helpline for men aged 15 - 35.

Heads Above the Waves

www.hatw.co.uk
Online advice, support and coping strategies for young people suffering from depression and self-harm.

SelfharmUK

www.selfharm.co.uk

A creative site to communicate with other young people and share their encouraging experiences through the use of blogs, stories, poetry and art.

Elefriends

www.elefriends.org.uk

A safe place to listen, share and be heard.

The Mix

www.themix.org.uk

Helpline 0808 808 4994 or text THEMIX to 85258 for crisis support. Website offers young people under 25, 1-2-1 chat plus advice and support on a range of issues.

Change Grow Live (CGL)

www.changegrowlive.org

Call 07917 200969

If you are using drugs or alcohol as a way to cope CGL offer a confidential drug and alcohol service for young people.

Cruse

www.cruse.org.uk or www.winstonswish.org for bereavement support.

Mindout

www.mindout.org.uk

Online instant message service that is confidential and anonymous to support and improve the mental health and wellbeing of LGBTQ communities.

Doc Ready

www.docready.org

Helps to prepare people to talk about mental health to the GP.

Well Women Centre

Online support for young women aged 16 years or older for their health and wellbeing.

www.wellwomenwakefield.org.uk

Stay Alive app

App to download from Grassroots Suicide Prevention.

Victim Support

Call 0300 303 1971

For emotional and practical support to anyone under 18 who has been affected by a crime.



Thank you to Stripes, Youth Parliament and the individual young people, parent, Young Healthwatch and Future In Mind colleagues who helped develop the suicide prevention material.

This leaflet is based on information adapted from Sheffield Suicide Prevention Strategy 2017 and North Yorkshire Council Suicide - self help guide.