



Suicide

OFF THE RECORD Bristol

Suicide can feel like a really difficult thing to talk about, but every year thousands of young people go through times where they have suicidal thoughts. Not everyone who has thoughts about killing themselves will end up taking their life, but some people who do will.



WHY DO PEOPLE FEEL SUICIDAL?

Everyone is different. Some may feel suicidal because they are overwhelmed by lots of painful emotions or because they are faced with a situation or circumstances that seem hopeless to them. When someone feels really bad, suicide can seem like the only option to make the painful feelings or situation go away.

More info and support: www.papyrus-uk.org and www.samaritans.org

Always Remember this,

You don't have to go through this alone!
It's important to remember that as someone once said, suicide doesn't end the chances of life getting worse; suicide eliminates the possibility of it ever getting better.

The most important thing you can do is talk to someone you trust about how you are feeling and try to share with them what you are going through. This can feel really hard sometimes, especially if we worry that we may upset or worry them by telling them how we feel. But if you can talk about it you will find that there are people out there who can help. Sharing your feelings with someone else can make them seem less overwhelming and can help you to feel less isolated.

No problem is ever impossible to overcome, it just might feel like that sometimes.

Get in touch!

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