

SUPPORTING SOMEONE WITH SUICIDAL THOUGHTS

Work with the person to make a safety plan* to use until their mood lifts or the thoughts of suicide pass. This should include:

- **Recognising the warning signs** – e.g. very negative thoughts, sleeping a lot, feeling trapped, hopeless, overwhelmed or numb, risky behaviours or self-neglect.
- **Identify coping strategies** – an activity they enjoy or can distract them e.g. a walk, a bath, video games, going for a drive, sport or exercise, watching TV, music.
- **Identify people or distracting social settings** – list places or people they can meet or get in touch with to provide a distraction. Avoid bars, pubs, nightclubs, casinos, or gambling shops.
- **Identify chosen family/friends** – make a list of people they can contact when they are feeling suicidal, people they can trust and feel safe talking to. Not anyone under the age of 18.
- **Identify professionals who can help** – e.g. GP surgery, crisis helplines, emergency services, NHS24 (useful numbers included below).
- **Make the environment safe** – e.g. securely lock medications away, remove or secure lengths of rope, cable, belts, dressing gown cords if necessary from the home and garden, prevent access to firearms.*

*R. O'Connor 2021, G Brown & B Stanley 2017



Useful Contacts and Further Information:

Talking therapies have been shown to be very effective in helping people who feel suicidal. More information and help will be available from their GP.



Emergency Services (Police, Fire, Ambulance)

- 📞 999
- 📞 NHS 24 - 111
- 📞 Police Scotland non-emergency number - 101

Samaritans

- @ jo@samaritans.org
- 📞 116 123 (Freephone)

SAMH (Scottish Association for Mental Health)

- 🌐 www.samh.org.uk

Mind

- 🌐 www.mind.org.uk
- 📞 0300 123 3393

Breathing Space

- 🌐 www.breathingspace.scot
- 📞 0800 838587

Prevent Suicide – North East Scotland App

- 📱 App Store / Google Play



The 'Prevent Suicide' App: Download now on apple, Android, Windows Phone & Kindle Fire devices.

Living Life

- 📞 0800 328 9655

Penumbra

- 🌐 www.penumbra.org.uk
- Aberdeen:**
- @ aberdeen1stresponse@penumbra.org.uk
- 📞 0800 234 3695
- 📞 (Text – 07686 47723)

- Aberdeenshire:**
- 📞 0800 135 7950

Papyrus – Prevention of Young Suicide

- 🌐 www.papyrus-uk.org
- @ admin@papyrus-uk.org
- @ pat@papyrus-uk.org
- 📞 01925 572444
- 📞 0800 068 4141
- 📞 (Text – 07786209697)

Shout

- 🌐 www.giveushout.org
- 📞 Text SHOUT to 85258