

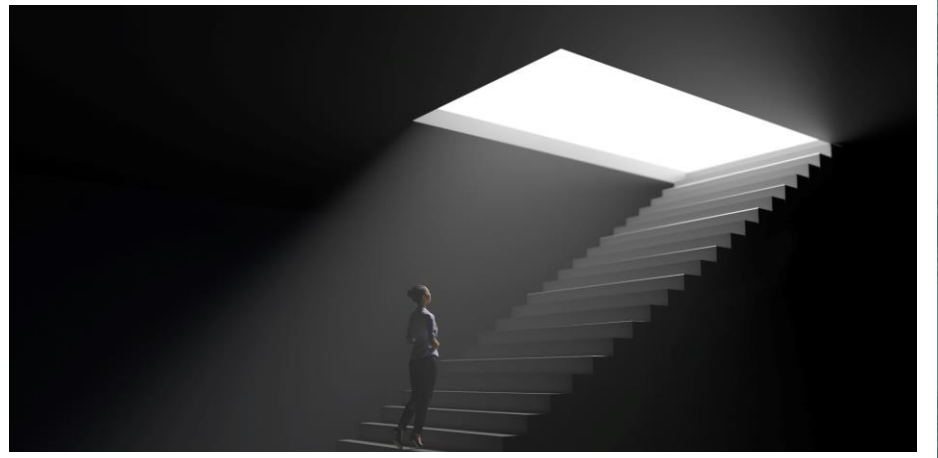
MINDFUL MOMENTS

SEPTEMBER: SUICIDE

Introduction

Suicide is the act of intentionally taking your own life. Suicidal feelings can mean having thoughts about ending your life or feeling that people would be better off without you. You might feel unable to cope or like you can't go on living your life as it is.

Often people who take their own life don't necessarily want to die but they may see death as the only way for the suffering to end.



Signs that you or someone you know might be struggling to cope

- Lacking energy or feeling tired
- Feeling exhausted all the time
- Experiencing brain fog and finding it hard to think clearly
- Finding it hard to concentrate
- Feeling restless and agitated
- Not wanting to socialise or go out
- Not wanting to do the things you usually enjoy
- Using food, alcohol or drugs to cope with feelings
- Finding it hard to cope with everyday tasks
- Experiencing 'burn out'
- Feeling tearful or like you need to cry a lot of the time

Suicide statistics

1 in 5 of us will experience suicidal thoughts at some point in our lives

1 in 15 people in England attempt suicide

1 in 100 deaths worldwide are due to suicide

Men are 3 times more likely to take their own life than women

Support available

GP- speak to your GP who can provide support options and referrals

To talk through difficult feelings with a trained volunteer, call Samaritans for free 24/7 on: 116 123

For written support, text SHOUT to 85258
Checkout Samaritan's self-help app, email and letter writing service [HERE](#)

[Clic](#) and [Side by Side](#) online communities
For tips to support someone who may be suicidal click [HERE](#)

Practical ways to help yourself cope

Make small steps to look after yourself each day- this could be making sure you brush your teeth, go for a walk or prioritise going to bed at a good time. Maybe you can only do one of these a day right now and that's okay.

Relaxation exercises – controlled breathing can be a useful tool to help us feel calmer and reduce feelings of stress. Check out Samaritan's controlled breathing video [HERE](#).

Talk to someone- whether it's through a helpline, a peer support online community or with a friend or family member. Make sure you have at least one place you feel safe to open-up.

Be the driver, not the passenger –feeling this way can be overwhelming. Try to focus your energy on the things you can control and change, rather than the things you can't. This can help you to feel more in control of your life.

Don't forget you can contact our 'ESS Nutrition and Wellbeing' specialists at: ess.wellness@compass-group.co.uk