

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 feelings to pass.

If you have a keyworker or mental health worker, please follow their advice on how to keep safe. If you do not have a crisis plan or a mental health team, please have a look at the advice in this leaflet.

Local Services

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



Kingston iCope
Hollyfield House
22 Hollyfield Road
Surbiton
KT5 9AL
0203 317 7850
kingston.icope@candi.nhs.uk
www.kingston.icope.nhs.uk

Managing thoughts
about suicide and
self-injury

Safety Planning

Below are some ideas which may help you manage distress. Ask a friend or family member to support you with safety planning if you can.

Get rid of any means of harming yourself straight away.

Talk to a friend or family member.

Go somewhere you'll feel safe and have company.

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 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/need-urgent-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**. For more info on the crisis line:

<https://www.swlstg.nhs.uk/patients-carers/crisis-support/mental-health-support-line>

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://giveusashout.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.

