



**Derby and Derbyshire
Talking Therapies**

Keeping Safe Leaflet

Patient Information

Keeping Safe

It is common for people experiencing emotional distress to have thoughts of harming themselves or that they would be better off dead.

If you are feeling concerned about your safety, please do speak with your practitioner, course facilitator or make an appointment with your GP. You will be asked to complete a questionnaire (PHQ9) prior to assessment and during treatment. If you have scored 2 or 3 on question 9 this may indicate that you need more support.

We have a duty of care to keep people safe. This is a duty we share with patients and GPs. To share this duty, it is important that we keep GP's informed. Therefore, we inform GPs when patients report risk to us.

During your contact with the service, we may ask you to provide details of an emergency contact. With your consent we can include them in your care and as part of any support with you keeping safe.

Remember suicide is preventable. You are not alone and can get help now.

“Suicide is not chosen; it happens when pain exceeds resources for coping with pain”

You are not a bad person, weak or flawed because you feel suicidal, experience suicidal thoughts or thoughts of being better off dead. It doesn't even mean that you really want to die – it only means that you have more pain than you can cope with right now.

If you feel suicidal don't try to cope alone. Sometimes problems seem impossible to manage or the mental anguish is unbearable

How can I help myself?

1. You have made the first step by telling your doctor or a health professional. They will have discussed treatments and options with you. If you have been given antidepressants, remember that they can take up to two weeks to start working and then gradually.
2. Please use any self-help information your practitioner has provided you with
3. Try and tell your friends and family, who will support you by spending time with you. Talking to a family member or a friend or a colleague can bring huge relief.
4. Try to avoid long periods of time on your own, especially if you just sit and dwell on things
5. Plan your day and set small, easy to achieve tasks. This will keep you occupied and give a sense of achievement.

6. You must try and eat, at best little and often and try to drink up to two l i t r e s of water each day.
7. Avoid alcohol and non-prescription drugs.
8. Get someone to help you clear out old medicines and anything harmful when you find yourself dwelling on this.
9. Try to distract yourself by phoning a friend, going out, reading a magazine, etc.
10. Exercise can make you feel better, at least 30 mins a day.
11. Just try and be kind to yourself. It will pass, don't be afraid of how you feel, try and be brave and keep safe

When it feels really bad, or when you find things building up RING

If your mental health worsens you should reach out to your GP practice for a review. If you need more immediate mental health support, contact Derbyshire Mental Health Helpline on 0800 028 0077 or NHS 111 Option 2, both are available 24/7. You can also ring Samaritans on 116 123, Saneline 0300 304 7000 or text SHOUT to 85258. In the event of an emergency, or if you are unable to keep yourself safe, contact 999 or attend A&E.'

Your GP

Support and advice during opening hours.

Ask for details about out-of-hours arrangements.

Emergency Services: 999

If you are unable to get help and you are at urgent risk of harm call for an ambulance.

NHS 111

A 24 hour helpline for health advice and reassurance (non-emergency)

Derbyshire Mental Health helpline: 0800 028 0077 or contact 111 option 2.

This line is open 24 hours a day, seven days a week, to people of all ages.

If you're in a mental health crisis, call the line anytime of the day or night, and they can arrange for you to speak with a mental health professional. We can also advise you about other services, which can help you.

Samaritans: 116 123 (Freephone from landlines and mobiles)

24/7 listening service that offers support if you feel you need to talk to someone urgently about how you are feeling

SANeline: 0300 304 7000 (4pm – 10pm every day)

SANE out-of-hours mental health helpline offering support and information to anyone affected by mental illness including families, friends and carers.

Website: www.sane.org.uk

HOPEline UK: Call 08000 684141 or text 88247

Listening service for young people under the age of 35 who may be having thoughts of suicide. Run by the charity Papyrus.

Website: www.papyrus-uk.org/papyrus-HOPELINE247/

Text SHOUT to 85258

<https://giveusashout.org/get-help/how-shout-works/>

A charity providing texting support 24 hours for anyone who is struggling to cope

StayAlive

<https://www.stayalive.app/> App
and resources to support

The Silver Line Tel:0800 4 70 80 90

<https://www.thesilverline.org.uk/>

24 Hour telephone helpline for older adults

Campaign Against Living Miserably (CALM) Helpline 0800 58 58 58 5pm-12am.

<https://www.thecalmzone.net/>

Are feelings of suicide common?

Most people at some point in their lives will have a suicidal thought but for the majority this is fleeting or at least a short-lived experience. It's okay to feel the way you are feeling now and there are people around who can help. When you are feeling suicidal talk to someone immediately.

When do suicidal thoughts become problematic?

Thoughts of suicide should always be taken seriously but if these thoughts are persistent, occur frequently, are strong and for the individual there appears to be no alternative, immediate action should be taken to get support and help

Contact Emergency Services – are you at high risk at this time of killing yourself? Do you have a plan and the mean to complete suicide?

If so, call 999 RIGHT NOW.