

Suicide Prevention Campaign



Lincolnshire
Safeguarding
Children Board

Key Messages:

- Nearly 25% of young people feel suicidal at least once in their lives
- Feeling suicidal can be very common and there are lots of ways of dealing with it and lots of people who have come out the other side.
- Suicidal feelings are when a normal feeling of being very down and not sure where to turn become so deep and intense that you don't see any other solution.
- Talking to someone about your feelings openly and honestly such as family, friends or teachers will help get you the support you need.
- Suicidal feelings do not have to end in suicide – talking openly about suicide saves lives.
- Some of the warning signs of suicidal feelings include always talking about death, deep depression, deep sadness, loss of interest, trouble sleeping and eating that gets progressively worse, commenting about feeling helpless or worthless, self-harm.
- Suicide is the biggest killer of young people – male and female – aged under 35 in the UK. Yet suicide is a taboo subject. Stigma promotes silence, which is killing young people.
- If you have hurt yourself or think you might be about to hurt yourself, call 999. If you have suicidal feelings, talk to someone you trust. If you are worried they can't help speak to your GP.
- There are local NHS specialist mental health professionals for children and young people who provide help with a wide range of needs, including mild to moderate emotional wellbeing and mental health problems to more severe and complex disorders.
- Talking about suicide does not make it more likely to happen.

If you need support speak to your GP or call and speak to the Child and Adolescent Mental Health Service (CAMHS) crisis service via their single point of access on 0303 123 4000, seven days a week 8.45am – 7pm, out of hours cover provided.

Professionals who need advice about a child or young person can ring the Child and Adolescent Mental Health Service (CAMHS) Professional Advice Line 01522 309120, 9am to 4:45pm, Monday to Friday.

The new HealthyMinds Lincolnshire service can also provide emotional wellbeing support for children and young people up to 19 years old, or up to the age of 25 if they have special educational needs, disability or are care leavers.

They provide early support when young people start to feel that life is getting out of control and you need some help to cope. The leaflet included in the pack provides further information.

Support websites and charities

- Kooth.com is a free, anonymous, confidential online counselling, advice and support service for young people aged 11-19 years living in Lincolnshire.
- Samaritans – call 116 123 or email jo@samaritans.org or visit www.samaritans.org
- Childline – call 0800 1111 or visit www.childline.org.uk
- Papyrus – prevention of young suicide – www.papyrus.org

Suicide Awareness campaigns

- Lincolnshire Suicide SAFE campaign www.lpft.nhs.uk/suicidesafe
- Papyrus - #TalkThroughTheTaboo - [poster](#)
- [Samaritans#ITSOKAYTOTALK](#)