

Let's talk about
SUICIDE
Talking about it can prevent it!



**UK Debt
Service**



suicide prevention



Why is debt linked to suicide?

Nearly 1 in 4 young people aged 24-30 will experience thoughts of suicide.

According to the charity Money and Mental Health, people with problem debt are three times more likely to have had recent suicidal thoughts.

Most people don't know that financial hardship and worrying about money causes extreme levels of stress, and can have significant mental health distress, which is a major risk factor for suicide.

Factors such as time off work, lower income, mental and physical health problems, homelessness, unemployment and intimidating letters from creditors can contribute towards those feelings of inadequacy, which lead to suicidality.

Stress, of any kind, can lead to symptoms of depression and anxiety.

Having loans and other debt can increase anxiety, distress, and depression levels—all of which can put someone at risk for suicidal ideations.

Unfortunately, mental health conditions and financial stress reinforce one another—people who experience mental health conditions are more likely to experience financial hardship, and financial stress can contribute to mental health problems. Mental health conditions can also make it difficult to recover from financial stress. It's a loop that can be difficult to get out of—but you have options.

There are many factors that can trigger suicide and suicidal thoughts

- ◆ Drug and alcohol misuse
- ◆ History of trauma, abuse, or violence.
- ◆ Social isolation.
- ◆ Money problems.
- ◆ Family breakdown.
- ◆ Anticipated or actual losses or life stresses.
- ◆ Prior suicide attempts.

These factors are complex and unique to each person's wider circumstances.



How to spot if someone is suicidal?

There are potential signs you can look out to spot if someone is showing suicidal thoughts or feelings:

- ◆ Start to talking about suicide or self-harm e.g. "I'd be better off dead."
- ◆ Explore lethal means and ways to kill themselves e.g. from the internet.
- ◆ Show no hope for the future and feeling hopeless-ness
- ◆ Carry a belief that things will never get better or change.
- ◆ Show feelings of worthlessness, guilt, shame, self-hate, family members
- ◆ Saying goodbye to family and friends.
- ◆ Withdrawing from others and increasing social isolation.
- ◆ Engage in self-destructive behaviour e.g. increased alcohol or drug use, reckless driving.

These indicators, however, they may not always be related to suicidal thoughts!

The only way to know is to ask!



Why should we talk about suicide?

Listening and Talking can help to save a life!

By listening you are giving someone the space and opportunity to start to share their thoughts.

Tips to listening:

- ◆ Concentrate
- ◆ Understand
- ◆ Remember
- ◆ Respond

By talking about suicide, this reduces the social stigma and is often the first step to recovery.

Tips to for talking:

- ◆ Be supportive
- ◆ Actively listen
- ◆ Give undivided attention
- ◆ Show understanding

Starting the conversation

A conversation about suicide can be scary for both for the person who is suicidal and for the person who is asking.

It is important to:

1. Ask how they are feeling .
2. Be patient.
3. Be calm and gently in your communication style.
4. Give them the time and space to start to talk.
5. Resist the temptation to give them direct suggestions on what to do.

Type of language to use:

1. Ask open questions i.e., 'How are you feeling?'; 'How did that make you feel?' to encourage the person to talk further and elaborate.
2. If you need to ask an explicit and direct question, do this calmly "Are you having any thoughts of suicide?" or "Are you thinking about ending your life?"
3. If they dismiss or try to laugh off your explicit question about suicidal intent, don't add pressure by asking again, however, do simply let them know you are there for them and that you understand things are hard right now.



STEPS TO TAKE IF SOMEONE IS SUICIDAL

Take them seriously

It shouldn't be regarded as a joke and always assume that someone is telling the truth about their suicidal feelings as people can and do act upon them.

Listen to them

Simply giving someone the space and time to talk about their feelings can be helpful in itself.

Avoid debating or giving advice

You may think that you understand or have experienced something similar, but everyone's circumstances are different.

Empower them

Encourage them to get help with thinking about a way forward.

Get support

Ask them if they would like help to get some support e.G. By contacting a family member or signposting them to services.

Offer concern and a safe place

Let them know that you are there for them and concerned for their welfare. Reassure them that the conversation you have together is confidential.

Looking after yourself... you need TLC too!

- ◆ Talking about your feeling – maintain confidentiality however talk about your feelings with a family member, trusted friend/colleague, your manager, or your GP.
- ◆ Ask for help if you need it – this could be from frontline services or specialist services and charities.
- ◆ Make time for yourself – It is important to have some time for you to do things which make you happy.
- ◆ Look after your physical health – e.g. eating and drinking healthily, being active, getting enough sleep.
- ◆ Learn relaxation techniques – e.g. breathing and mindfulness, gentle exercise.

**AFTER HELPING
SOMEONE WHO
IS SUICIDAL,
MAKE SURE YOU
TAKE CARE OF
YOURSELF.**

Emergency support

If someone has seriously harmed themselves or might act on suicidal thoughts, seek emergency support. Call 999 or go to your nearest A&E.

Helplines

There are trained people who care and want to help anyone struggling with difficult feelings. There's no shame in reaching out.

Samaritans

call 116 123
jo@samaritans.co.uk
24/7

CALM

for men
call 0800 58 58 58
5.00pm to midnight
everyday

SANE

call 0300 304 7000
info@sane.org.uk
4.30pm to 10.30pm
everyday

NHS 111

call 111
24/7

Papyrus

for people under 35
call 0800 068 4141
text 07786 209697
pat@papyrus-uk.org
9am to 10pm Mon - Fri

The Silver Line

for people over 55
call 0800 470 8090
24/7

Shout

text "Shout" to
85258
24/7

Switchboard

for LGBT+ people
call 0300 330 0630
chris@switchboard.lgbt
10am to 10pm everyday

Mind

call 0300 123 3393
text 86463
info@mind.org.uk
9am to 6pm Mon - Fri