

What is this?

This is a toolkit to help you to look at who you are, what you feel and help you connect with others so you feel **comfortable and in control**.

This guide will help you decide:

- A safe and trusted person to talk to.
- An environment you feel secure in.
- Little things to keep you grounded.

And most importantly give you confidence in the methods you've picked to explain your feelings **your way**, talk honestly about your situation, and build a support system around yourself.

Remember you are not alone, there are people who would like to help.

Enabling Conversations

I think I'm lost here...

Emotional pain can be hard to navigate.

Sometimes this pain can manifest into feelings of suicide.

If you are feeling suicidal seeking help is important.

But suicide is difficult to talk about.

I might make a mistake when I try.

People might judge me.

Maybe my feelings aren't even *that* bad.

You may be worried about talking to someone about suicide in case you are viewed or treated differently.

We call this **stigma**.

Stigma around suicide stops people from talking about it at all.

If you are ever in immediate danger you should call 999.

The below 24/7 services can offer support and advice:

Papyrus / HOPELINE247 - Open 24/7 as a youth helpline and a supporter debriefing line.
Call: 0800 068 4141 | **Text:** 88247 | **Email:** pat@papyrus-uk.org

SHOUT - **Text:** 'SHOUT' to 85258 - You will receive an automatic reply before being connected to a trained volunteer.
Call: 0800 802 5544 | **Webchat available**

Childline (under 19s) - **Call:** 0800 1111

NHS 24 - **Call:** 111

More Support

Children First Support Line - Open seven days a week to parents and carers. Mon-Fri, 9am to 9pm, Sat-Sun, 9am to noon.
Call: 0800 028 2233 | **Webchat available**

Self Harm Network - www.selfharmnetworkscotland.org.uk
Chat to one of the team from 6pm - 10pm

Suicide Prevention Scotland - www.suicideprevention.scot

For those who would prefer to engage with an organisation within their community try **Switchboard LGBT+ and/or **Scottish Refugee Council**.**

Do you have thoughts of ending your life?

Not often

Sometimes

Regularly

It's always good to talk to someone no matter if your thoughts are slight or overwhelming.

Keep reading this resource for help finding someone to talk to.

If you are thinking about attempting suicide contact a crisis support line now.
Links are available on the back of this kit.

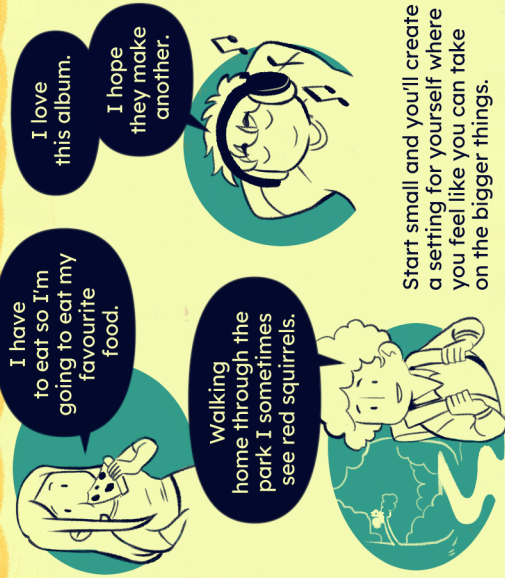
Finding a Token

A **physical object** can help to keep you grounded and calm in times when things feel overwhelming. A token could be something like a smooth pebble or seashell, a coin or a textured ribbon. Pick something **small and comforting to hold**. If you fold up this paper and open the top, like the diagram, you'll find a pocket that is sealed at the bottom. Your token can be kept in here when not in use. You might not want to take this full kit with you in case it is lost or seen before you're ready. You could keep your kit hidden and just your token with you as a reminder of your **goals and journey**. Your token is there to be played with at times when you need **calm**.



Making the day work for YOU.

Think about the little things that make your day brighter. Can you do any of these things today?



A **safe person** is someone you've picked to talk to about suicide with who will understand you and be able to offer support.

Here are some qualities of a safe person:

- ☐ A good listener
- ☐ Trusted
- ☐ Local or close by
- ☐ Responsible
- ☐ Respectful of your feelings and boundaries

You and your safe person can work on finding help **together**. You may find the links on the back of this kit a useful place to start.

If your chosen safe person can't help you the way you need it's okay to try again with someone else.

That's cool and all, but what do I even say?

Plan your words, be **honest** and be **brave**, this part is hard and you deserve to be listened to.

Tell the person you're talking to how they can help you.

Okay...
I think I need to tell someone my thoughts are overwhelming me and that I want to work together to get some help...
...but I'm worried the person I'm trying to talk to will **freak out**.

Be prepared that who you speak to might also be scared and want to protect you. That might lead to them reacting negatively at first.

If I stay silent then I won't have a bad time but I won't have a good time either.
It's better to have a messy conversation than none at all.

A comfortable way to talk

Do you like to talk? Do you prefer text?
Can you tell people what you're feeling through writing or even drawing?



Maybe you like to do an activity at the same time as talking, like during sports or over food, at a club or playing games.

Picking a **method** you like to communicate by and finding the **right space** that puts you at ease can give you the confidence to talk about hard topics.

I think I'm ready.

START!



You don't have to do these parts in a specific order.
Take your time, figuring out one point might help you with the next parts.

What do I want to say?

Plan...

The road might be rocky but you've got this!

Think of a safe person



Find your method of talking



When you're ready give the band around the kit to your safe person.



Reassure them that the QR code leads to a page of resources that may help you both work on this together.

Having a conversation

The future...