

## How to cope with suicidal thoughts



*Those who know your name trust in you, Lord.*  
Psalms 9:10

**There are four sections in this booklet:**

- How to help yourself now?
- How to get emotional support?
- How to get professional support?
- How do I make a Crisis Plan?

### **Remember....**

**YOU ARE LOVED**

**You are wonderful**

**You have gifts and talents for the future**

***You won't always feel like this***

**Things will get be**

**TRUST THOSE WHO WANT TO HELP YOU**



 **THE CHURCH  
OF ENGLAND**  
Diocese of Chester

## **How to help yourself now**



- ✓ Don't make a decision today, you don't need to act right now.
- ✓ Try to focus on getting through the day or the week by talking to people who you trust.
- ✓ Use your Crisis Plan to help you if you have made one. If not, have a go

## **How to help yourself now**

- ✓ Be aware of your triggers and what makes you sad  
These are different for different people. You may find that certain music, photos or films make you worse. Stay away from these
- ✓ Go to a safe place that you feel comfy in  
Your bedroom, friend's house, Grandparent's house
- ✓ Stay off Social Media  
Let your brain relax and calm down
- ✓ Talk to other people  
You may think it won't help, but it will. Talk to a friend or a trusted adult. Send an email to Ask WESS  
Be patient though – people may not know how to help you straight away. If they don't know how to help you, they may just be good listeners
- ✓ Do something that makes you happy  
Watch a film or the TV. Go for a walk. Treat yourself to something nice like some chocolate! Spend time with your pet. Do something rewarding like make a cake or make someone a cup of tea. Go and smell your favourite smells. Go and eat your favourite foods.
- ✓ Make a list of all brilliant things about you and your life  
I am kind, I am good at PE, I am a good listener, I make great cookies, I am good at rugby, I have great hair, I have a family that love me, I'm looking forward to working with animals
- ✓ Relax  
Try mindfulness (we have a booklet to help if you like), have a long, hot bath, go for a walk away from everything, do some exercise, listen to music on your phone.

*Do not be anxious about anything, God will help you with everything*  
Philippians 4:16

## How to get emotional support



✓ REMEMBER....

There are lots of people who will listen and help you. Talk to your family, friends or trusted adults about what you are feeling. They may be able to offer support or tell you where to get support from.

✓ Who can help you?

Ring a support line, speak to a Learning Mentor, trusted adult, member of the Chaplaincy Team, the Worry Box, Ask WESS, your friends

*Give the Lord all your anxiety, because he cares for you*

1 Peter 5:7

## How to get professional support



✓ Who can help you outside of school?

If you feel that you are going to do something serious call 999 or go to Accident & Emergency. You will get help straight away

Call 111. This is an NSH service to help people if it is not an emergency

Call Childline 0800 11 11 (open 24 hours a day, 7 days per week)

(there is a big list of phone numbers and websites on the last page)

*When you are afraid, put your trust in me*

Psalms 56:3



## How to make a Crisis Plan



- ✓ A Crisis Plan can also be called a Safety Plan  
You should make a plan before you are in crisis, but it is never too late to start.  
This plan is to help you think about what support you need when you are in crisis.
- ✓ Make a list of things you could do to help yourself. A list of names and numbers of people who could help you.  
Make a list of the things that make you happy  
Make a list of the reasons why you are brilliant!  
Make a list of the things in your life that are great  
Make a list of the things that you have to look forward to. These things can be things that are going to happen this week, or are going to happen in the future.
- ✓ There is no proper way to do this plan. You can have a little book, you can have a special sheet of paper. It's up to you!

*Those who live with wisdom will be safe*  
Proverbs 11:13

### Useful places to get help

Samaritans – they have a helpline – 116 123 (free) or [jo@samaritans.org](mailto:jo@samaritans.org)

CALM – support resource for males – 0800 58 58 58 (free) – [www.thecalmzone.net](http://www.thecalmzone.net)

SANE – offer emotional support 0300 304 7000 – [www.sane.org.uk](http://www.sane.org.uk)

LGBT+ Helpline – 0300 330 0630 – [www.switchboard.lgbt](http://www.switchboard.lgbt)

Childline – 0800 1111 (free) – [www.childline.org.uk](http://www.childline.org.uk)

Ask WESS – [askwess@woodchurch-high.wirral.sch.uk](mailto:askwess@woodchurch-high.wirral.sch.uk)

*Tears are prayers too, they travel to God when we can't speak*  
Psalms 56:8

