

## Coping with **suicidal thoughts** right now



If you are experiencing suicidal thoughts and feelings there is support available to help you cope.

Some of the techniques below will work for you, some of them won't – you have to find what suits you best:

- **Call 999** or go to the nearest **A&E** department if you feel unable to keep yourself safe in that moment.
- **Don't stay alone** if possible – go to someone you trust, a service you know or even just a public space.
- **Tell someone how you are feeling** – it could be a peer, a friend, family but also mental health services.
- **Call the Samaritans** free helpline (116 123) and save their number in your phone. It can take several minutes for someone to pick up but don't despair. Make sure you have enough phone battery.
- **Try the 5-4-3-2-1 grounding technique:** acknowledge 5 things you see around you, 4 things you can touch, 3 things you hear, 2 things you can smell, and one thing you can taste.
- **Try not to use substances** as this could worsen the situation. If you do, you can still get help using the services and techniques listed.
- **Follow your safety plan** if you have one.

## What will happen if I seek help from NHS services?



- You will be assessed by a mental health professional before any decisions about your care are made.
- They will first explore which NHS community or voluntary sector services are suitable for your needs.
- All areas also have a “Home Treatment” or “Crisis” service or team where in an urgent situation mental health professionals might visit you in the community.
- If there is nowhere safe for you to go in the community, they will offer you a voluntary admission to hospital.
- Very rarely, if there is no other way to keep you safe, they may refer you for a Mental Health Act assessment and you may be placed on a section under the Mental Health Act 1983. If you are sectioned, you may be prevented from leaving hospital and given treatment for your mental health issues without your consent.
- If you are “sectioned” you have a right to appeal against this and you can receive support and advocacy in doing this and in relation to your other rights.



Enabling Assessment  
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Healthcare for homeless people

