

**Struggling
to find a reason
to stay alive?**

See what others have said
www.bit.ly/reasonslive

**It's OK
to talk**

There is no
shame in seeking
help when you are feeling
stressed, depressed or
experiencing a crisis
www.bit.ly/find-help



**Difficult
talking about it?**

Struggling to cope?
Feeling alone?
Need someone to listen?

**It's OK
to talk**



**Thinking
about suicide?**

Be honest with yourself.
Tell someone. You don't
have to be alone.
Stay safe. Get help.

**It's OK
to talk**





Together we can make our communities safer from suicide.

www.prevent-suicide.org.uk

www.mindout.org.uk

Grassroots Suicide Prevention is proudly working towards making Brighton & Hove the UK's first Suicide-Safer City. Charity number 1149873.

MindOut is a mental health service run by and for LGB&T people. We offer support to people who experience suicidal distress.

Charity number 1140098.



Take the pledge!



Scan me!

I pledge that I will:

- tell someone if I'm struggling and need help;
- reach out and tell you if I'm worried about you;
- listen to you, without judgment if you need someone to talk to;
- ask you, directly, if I think you're trying to tell me about suicide;
- help you get support if you're struggling and/or thinking about suicide.

www.bit.ly/TellMepledge



Find help

MindOut provides confidential support for LGB&T people, who experience suicidal distress. Online support, peer group support, advice & information and advocacy. Email info@mindout.org.uk call 01273 234839 or visit www.mindout.org.uk

A & E Psychiatric Liaison Team Help and support for anyone in a mental health crisis 24/7 01273 696955 ext 4248

Sussex Mental Healthline for anyone experiencing mental health problems including anxiety and depression. Opening hours: Mon - Fri 5pm - 9am, weekends and Bank Holidays 24 hour Helpline: 0300 5000 101 www.sussexpartnership.nhs.uk

Rethink Mental Illness SOS (Survivors of Suicide) Supporting those bereaved by suicide in Brighton & Hove. 9-5pm Mon-Fri 01273 709060

Brighton & Hove Samaritans open 24 hours every day 01273 77 22 77, drop in 10am-10pm every day (near Hove Station), text us 07725 90 90 90 Email jo@samaritans.org

A list of further LGBT-specific telephone and online resources for people struggling with suicide: www.bit.ly/LGBTQlinks

Worried about someone else?

Be alert – Not everyone who thinks about suicide will tell someone, but there may be warning signs.

Be direct – Talk to the person you are worried about, and ask about suicide. Tell them you want to know how they really are, and that it is OK to talk about suicide.

Listen – Just listening is one of the most helpful things you can do. Try not to judge or give advice.

Get some help – It's OK if you don't know how; the ideas in this leaflet can get you started.

Take care of yourself – You may find it helpful to discuss your feelings with another friend, or a confidential service.

Thinking about suicide?

You are not the only person – Many people consider suicide at some point in their life.

Talk to someone – Don't keep suicidal feelings to yourself, please reach out. Being silent isn't being strong. It's okay to ask for help.

You don't have to be alone – Someone out there wants to listen.

Be aware – Alcohol and drugs can often make things worse.

Keep yourself safe – Make an agreement with yourself and someone else that you won't act on your suicidal thoughts while further help is being arranged.

Ask for help – See your GP or go to A&E. Have a look at the information on this card to find out where else you can go for help.

Remember – Your thoughts and feelings CAN change.

We hope this information is helpful and offers you some hope.

SAFETY PLAN CARD

If I feel I cannot stay safe from suicide...
I will talk to:

I will seek help from:

I will calm / comfort myself by:

I will go somewhere I am safe:

My ideas for keeping safe: