

# SUICIDAL THOUGHTS

## WHAT ARE SUICIDAL THOUGHTS?

When we feel hopeless and fed up with the thought of carrying on, we can begin to think about the 'what ifs'... What if I didn't have to feel like this? What if I wasn't here? What if I was dead? These 'what if' thoughts can become more and more serious, particularly if you have depression and it worsens. During this deep despair, thoughts of giving up and not struggling anymore can come into our minds and begin to linger, and death can begin to feel like the only escape. These thoughts can develop into 'suicidal ideation' when the thoughts begin to become more real. For example, you begin to spend long periods of time thinking about ending your life or thinking about the people you will leave behind.

## HOW DO I KNOW IF I AM FEELING SUICIDAL?

If you are having suicidal thoughts, then you are probably feeling suicidal. Some of the warning signs are:

- Feeling depressed (see depression information sheet)
- Feeling cut off from your body or physically numb
- A loss of energy
- You may have stopped taking care of yourself e.g. neglecting your physical appearance.
- Overwhelming feeling of hopelessness and helplessness
- Loss of interest in things that you used to enjoy
- Strong and persistent thoughts about ending your life
- Making plans for how you would take your life

## CAUSES

Feeling like taking your own life can be symptom of a serious underlying issue, illness or cause. Usually someone feels suicidal as a result of a 'build up' of when things have become too much to cope with. The reasons behind feeling suicidal are usually complex and very personal to the situation you are in at the moment. There are however things that make people more prone to experiencing suicidal thoughts, such as:

- Stressful life events
- Difficult experiences in early childhood
- Alcohol or drug misuse

*I wish I wasn't me*

## GETTING HELP FROM OFF THE RECORD

Off the Record isn't a crisis service but we are here to help. If you are feeling affected by suicidal thoughts then we will be able to point you in the direction of some support. If we can, we will try and offer you an appointment to come in and talk about what's going on. Contact us, as we will be more than happy to help. If the office is closed please leave a message and someone will call you back in order to arrange to meet you as soon as possible.

**SEE OVERLEAF FOR INFORMATION ON WHAT TO DO IN A CRISIS.**

## HOW DO YOU CONTACT US?

 [www.talkofftherecord.org](http://www.talkofftherecord.org)

 020 8251 0251

 /talkOTR

 @talkOTR

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TALK TO US

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