

**If killing yourself is a possibility right now:**

- Call 999 or 112.
- Go to the Emergency Department in the nearest General Hospital.
- Tell or call a family member or a friend.

**If you experience suicidal thoughts or urges you can contact the following organisations or people:**

- Your nearest **Emergency Department** in the local General Hospital
- Your **G.P.**  
[www.icgp.ie](http://www.icgp.ie)  
or the Golden Pages
- A **psychologist**  
(01) 472 0105  
[www.psihq.ie](http://www.psihq.ie)
- A **psychotherapist**  
(01) 902 3819  
[www.psychotherapy-ireland.com](http://www.psychotherapy-ireland.com)
- A **counsellor**  
(01) 272 3427  
[www.irish-counselling.ie](http://www.irish-counselling.ie)

- **Samaritans**  
1 850 609 090  
[www.dublinsamaritans.ie](http://www.dublinsamaritans.ie)
- **Pieta House**  
(01) 601 0000  
[www.pieta.ie](http://www.pieta.ie)
- **SOS**  
1 890 577 577  
[www.suicideorsurvive.ie](http://www.suicideorsurvive.ie)
- **Inspire Ireland**  
(01) 474 4840  
[www.inspireireland.ie](http://www.inspireireland.ie)
- **Sosad**  
[www.sosadireland.ie](http://www.sosadireland.ie)
- **Teenline**  
1 800 833 34  
[www.teenline.ie](http://www.teenline.ie)
- **ONE LIFE**  
1 800 247 100

Further resources and electronic versions of this and other leaflets are available at [www.svhf.ie/clinical-psychology-service.html](http://www.svhf.ie/clinical-psychology-service.html)



# Suicidal Thoughts are Dangerous

*Getting Help...*



*Illustration by Alan O'Reagan*



## Suicidal Experiences

Most people who have suicidal thoughts don't want to die. They just cannot see any other way out. Their main need is to end their pain. These are some common experiences of people contemplating suicide:

- **To feel:**
  - Everyone else is moving on with their lives and I am stuck.
  - Unbearable guilt or shame.
  - Hopelessness and isolation.
- **To think:**
  - I can't live like this.
  - Nobody cares or understands.
  - It would be better for everyone if I was dead.
  - I can't overcome these relationship difficulties.
  - There's nothing left for me to live for.
  - I am a burden.
  - I can't get out of this.
- **To act by:**
  - Writing suicidal notes.
  - Making 'final arrangements'.
  - Becoming depressed and withdrawing from others.
  - Avoiding activities that you used to do.

**Know** that this period of distress will pass.

**Know** that there are alternative options that are available to you.

## Helpful Things To Do

- **Open your mind** to the possibility of **changing your negative vision**
- Even though you may not see an alternative now or trust that it will make a difference try one of the following:
  - **Talk** about your experiences with someone (friend/family/professional).
  - **Contact** your G.P. in case you suffer from depression/anxiety and need treatment for this.
  - **Join** a support group.
  - **Read** a book about someone who went through a similar experience.
  - **Give** yourself a break from stress.
  - **Take** up a hobby you've always wanted to try.
  - **Give** yourself a treat.

### *Most of all...*

- Remember the suicidal thoughts and feelings you are experiencing are unique to you but others have **overcome** similar experiences.
- **Find** a way to deal with your painful emotions or painful experiences (e.g. counselling or talking to people with similar experiences).

## Quotes of hope

*"I just try to live my life one day at a time, and I often find that I do get pleasure out of life, from simple things. And I am glad to still be alive."\**

*"I'm glad to be able to tell you that being a teen is so difficult at times, I was very close to death at one point, but I'm really happy to still be alive. Sure, I have my moments of 'darkness' and doubts about myself and my future, and then they pass... If you are feeling really down, call a friend; just keep trying something."\*\**

*"Before I was ready to really take action toward seeking a treatment that would work for me, I needed to believe that finding such a treatment was possible. All I had to do was look at the millions of people who have overcome their clinical depression. Since there was no reason that I couldn't do what millions of other people have already done, I was on my way to getting better. This is one reason I now tell my story to others."\*\*\**

\* and \*\* from [www.livestrong.com](http://www.livestrong.com)

\*\*\* from [www.ofspirit.com](http://www.ofspirit.com)