

What is Suicide Prevention Day?

World Suicide Prevention Day happens every year on 10th September.

Every year organisations and communities around the world come together to raise awareness of how we can create a world where fewer people die by suicide.



What is Suicide?

The term suicide is used for when someone intentionally kills themselves. Sadly, suicide is a leading cause of death, but it is preventable if we create a world where everyone feels safe to talk about how they are feeling.



What is Suicidal Ideation?

Suicidal ideation is the term we use when someone might have thoughts or intentions to end their life. These can range from passing thoughts or ideas of suicide to active plans and intentions that they plan to carry out.

Where do these thoughts come from?

These thoughts and ideas can be linked to poor mental health but can also be affected by experiences of grief, abuse, neglect, as well as other life circumstances such as unemployment or a relationship breakdown.



What can I do if I'm feeling this way?

If you find you are thinking about ending your life or feel pre-occupied with thoughts of dying, it is very important that you talk to someone you trust – preferably a trusted adult who can work out how to help you. However even before that, if you are struggling with low mood, or have experienced something that you feel 'stuck' in and don't know how to feel better – it's important that you seek support as you deserve to feel safe and happy.



Who could I speak to?

There are lots of options of who you could speak to. Although it might feel like nobody cares, they do care and would work hard to try to help you. Here are some examples:

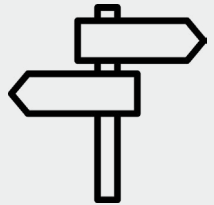
- ✓ Parents and carers
- ✓ A trusted family member
- ✓ A teacher you like
- ✓ Friends
- ✓ Friends' parents
- ✓ Your doctor
- ✓ Your sports coach

Signs that we might need to seek support



- ✓ Feeling like there's 'no point' in getting up in the morning
- ✓ Starting to avoid people who care about us
- ✓ Isolating ourselves from family and friends
- ✓ Experiencing increased mood swings
- ✓ Using drugs or alcohol to try to cope
- ✓ Finding ourselves 'lost in thought' about death
- ✓ Imagining 'saying goodbye' to people we know
- ✓ Feeling extremely anxious

Other ways we can seek support



- ✓ Speak to the Counsellor or Educational Psychologist at your school – they are trained to help
- ✓ Speak to your family doctor about how you have been feeling
- ✓ www.youngminds.co.uk is a fantastic website that gives helpful advice around mental health for young people
- ✓ Childline's Calm Zone on their website has variety of tools, activities and games to help you to feel calm
- ✓ www.themix.org.uk has helpful apps and games to address emotional health difficulties
- ✓ Samaritans is a helpful organisation that you can phone, write to or email on jo@samaritans.org

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