

# World Suicide Prevention Day

SHINING A LIGHT ON  
**SUICIDE**

Thursday 10 September 2020

Thoughts of suicide are not uncommon; a lot of people will have them - around one in five of us during our lifetime

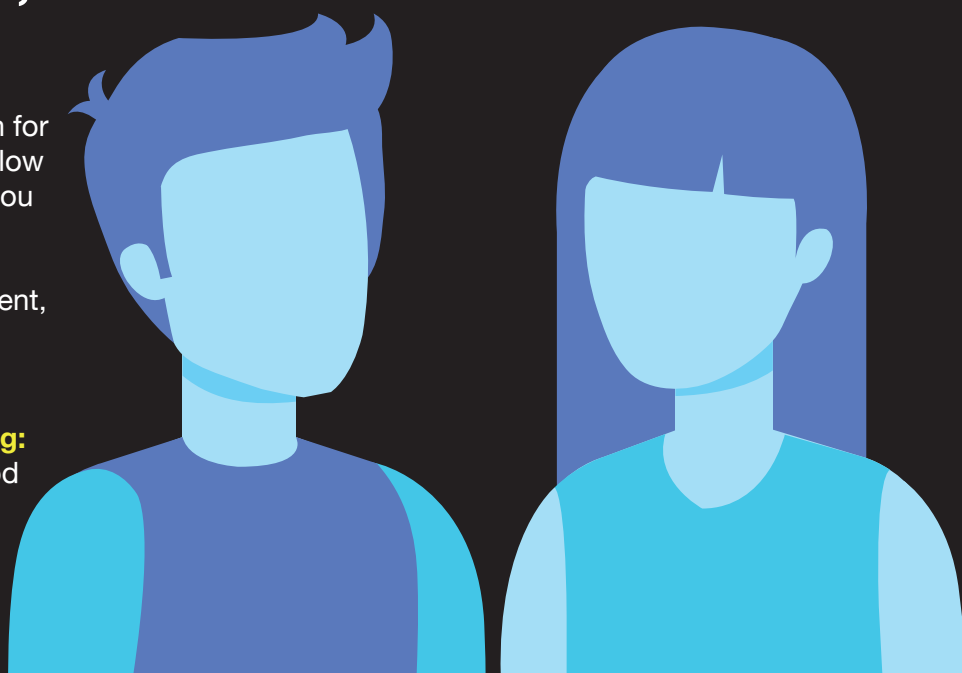
But having these thoughts doesn't make it inevitable that you're going to take your own life

## Know the signs, save a life...

Thoughts of suicide can happen for many reasons. You may feel so low that life seems unbearable. Or you may have suffered a loss or life changing circumstances. But suicidal thoughts aren't permanent, things do improve and help and support is available.

### How someone might be feeling:

Feeling worthless, extreme mood changes, lack of interest, low self-esteem, changes in eating or sleeping patterns, lonely.



For further information about the support available visit:  
[www.shiningalightonsuicide.org.uk](http://www.shiningalightonsuicide.org.uk)

**Bolton**  
Council

# How you can get involved...

Look after your own mental health and wellbeing, support others too.

Check out wellbeing hints and tips:

[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters) (adults)  
[www.bekindtomymind.co.uk](http://www.bekindtomymind.co.uk) (young people)  
[www.gmhealthhub.org/feeling](http://www.gmhealthhub.org/feeling)

- Promote messages and information via your organisational web and social media sites
- Pledge to undertake an action. Any support, no matter how big or small, can help. It can be as simple as taking time out to talk to your colleagues or friends to let them know you are there for them
- Undertake the free Zero Suicide Alliance Training - take the time to learn how to help now, so you're ready to be there when it matters most. Save a life – [www.bit.ly/savealife20](http://www.bit.ly/savealife20)
- Be aware of the support available and promote among your friends, service users, families and colleagues

Check out key messages and information on our social media channels. Raise awareness by sharing messages from trusted sources.

Trained listeners are just a free phone call away 24 hours a day, 7 days a week. Contact Samaritans on **116 123** or email [jo@samaritans.org](mailto:jo@samaritans.org)

**Papyrus HOPELINEUK** - is available to anybody under the age of 35 experiencing suicidal thoughts, or anybody concerned that a young person could be thinking of suicide.

Phone: **0800 068 4141** Text: **07860 039967**

If you have been affected by suicide, help is available [www.greater-manchester-bereavement-service.org.uk](http://www.greater-manchester-bereavement-service.org.uk)

Covid-19 - A guide to looking after your mental wellbeing including local support available [here](#)

