

If you or someone else is in immediate danger of suicide or you require urgent medical attention, please call 999.

## **I need help**

Lifeline is always here to help  
Available 24/7

## **I'm feeling suicidal**

Sometimes our thoughts and feelings can overwhelm us to the point that it becomes difficult to keep going with everyday life.

If you are feeling suicidal don't try to cope alone. It is important that you speak to someone you trust or call Lifeline. You can speak to a trained Lifeline counsellor by calling [0808 808 8000](tel:08088088000). If you use a Textphone you can contact Lifeline on [18001 0808 808 8000](tel:1800108088088000). [Interpreting support](#) is available.

When you call Lifeline, you will speak to a qualified counsellor who can provide immediate help and support. Our counsellors are experienced in dealing with suicide, self-harm, abuse, trauma, depression, anxiety and many other issues.

## **How can I help myself?**

Remember thoughts of suicide are just that – thoughts. You do not need to act on them, and they will not last forever. Feeling suicidal often means that you have more emotional pain than you can cope with right now. It's okay to feel the way you are feeling now, there are people who can help you.

If you are feeling suicidal

1. Talk to someone: Talk to a family member, friend, your GP or phone Lifeline on [0808 808 8000](tel:08088088000). Textphone users can contact [18001 0808 808 8000](tel:1800108088088000). [Interpreting support](#) is available. Talking about how you feel can bring a huge relief.
2. Seek help: If you are going through a longer period of feeling low or suicidal speak to your GP practice or your local mental health team.
3. Contact emergency services: If you are at risk of harming yourself, and have the means and intent to complete suicide, call 999 immediately.

## **I'm having a difficult time**

If you're having a difficult time, are feeling sad, stressed, anxious, depressed or if things just seem too much, it's important that you talk to someone.

How you feel may vary from day to day. Some days you might feel okay, others you might feel sad, down or like you cannot cope. This might look and feel different for everyone - we are all different.

No matter what is going on in your life or the thoughts and feelings you are having, Lifeline counsellors will listen and help you work out what might help you.

Some signs that may indicate you could benefit from talking about how you are feeling and get support for your mental health are listed below.

- You have a low mood that won't go away.
- You have stopped taking care of yourself.
- You find everyday tasks hard to do or cope with.
- You are drinking more alcohol or using drugs.
- You don't want to do things you used to enjoy.
- You don't want to talk or be with family or friends.
- You are struggling with sleep.
- You are finding it hard to think clearly or to focus.
- You are doing things or feeling things that don't make sense to you or other people.
- You are thinking or talking about not wanting to live.

If you're experiencing any of these signs or having any other strong feelings, talking can help. You could talk to a family member, friend or call Lifeline on [0808 808 8000](tel:0808 808 8000). Textphone users can contact [18001 0808 808 8000](tel:18001 0808 808 8000). [Interpreting support](#) is available.

## **I'm worried about myself**

It's normal to be worried or anxious from time to time, for instance ahead of a job interview or sporting event, or when doing something new. This is often a way of helping us to find solutions to current problems. Worrying can cause negative thoughts which can lead to a stress response.

The [Steps to deal with stress booklet](#) provides tips and practical advice on coping with stress in your life and covers recognising stress, getting ready, coping better, learning from bad experiences and taking action now. Simple steps such as relaxation exercises and talking to someone you trust can help you feel better and focus on addressing your problems.

Worrying all the time, or worrying about things outside of our control can impact on our mental health. If you are feeling stressed or constantly worried, it's important to share the source of your stress or anxiety with a family member, friend, or your GP, who may help you maintain perspective. You can also ring Lifeline on [0808 808 8000](tel:0808 808 8000). Textphone users can contact [18001 0808 808 8000](tel:18001 0808 808 8000). [Interpreting support](#) is available.

If you call Lifeline, you will speak to a qualified counsellor who can provide immediate help and support. Counsellors are experienced in dealing with:

- suicide,
- self-harm,

- abuse,
- trauma,
- depression,
- anxiety, and
- many other issues.

## I'm feeling low

Everyone can have a low mood from time to time. We can feel low because of what is or what is not happening in our lives and the world around us.

There are five simple steps that can help you maintain and improve your wellbeing.

Try and build these into your daily life:

1. **Connect with other people**

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community.

2. **Be active**

Exercising can make you feel good. Discover a physical activity that you enjoy, one that suits your level of mobility and fitness. Walking is an easy way to be more active.

3. **Take notice of the present moment**

Be aware, look for something beautiful, savour the moment. Reflecting on your thoughts, feelings and body will help you learn what matters to you.

4. **Keep learning new skills**

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. This can give you a sense of confidence and achievement.

5. **Give to others**

Do something nice for a friend or stranger, thank someone, smile, volunteer your time, or consider joining a community group.

You can download and print the leaflet [Take 5 steps to wellbeing](#).

If you have been feeling low for a long time, it may also be helpful to speak to someone about how you are feeling. You could talk to a family member, friend or your GP.

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## **I've been bereaved by suicide**

The death of a family member, friend or someone you know is never easy, but losing someone by suicide can be even more difficult and can create a range of intense emotions. If you are struggling or need to talk to someone, call Lifeline on [0808 808 8000](tel:08088088000). Text phone users can contact [18001 0808 808 8000](tel:1800108088088000). [Interpreting support](#) is available.

Trained Lifeline counsellors can talk to you about how you are feeling and can let you know about other support available to you and others you know.

The [Help is at Hand booklet](#) provides practical guidance and emotional support following a possible death by suicide.

Support is available to people across Northern Ireland who have been bereaved or affected by suicide. [Find out about who can support you in your local area.](#)