

## Suicide

This is a factsheet on suicide with details of services that offer help. For more information on suicide please read:

### **National Mind's publication on Suicidal Feelings**

<https://www.mind.org.uk/media-a/6154/suicidal-feelings-2020.pdf>

### **National Mind's publication on How to support someone who is suicidal**

<https://www.mind.org.uk/media-a/6144/supporting-someone-who-feels-suicidal-2020.pdf>

## Suicidal Feelings

Most people at some point in their life will have some thoughts of suicide, even if they are just fleeting, which shows just how common suicidal feelings really are. However, some people will act on such thoughts and attempt to end their lives.

People may feel hopeless about their situation and cannot see how things will get better. Suicide may therefore be seen as the only way for them to solve all of their problems and to end the distress that they are in. Yet someone may not in actuality want to complete suicide, though that person may feel there is no other alternative, and may feel very afraid about attempting to do so. Some people may simply want to relieve themselves or escape from their situation, whereas others may feel ambivalent about whether they live or die. Some may feel as if they have no choice other than to commit suicide as they can't find any other alternative.

Young children may also experience suicidal thoughts, although many adults may dismiss their feelings or may not believe them when they choose to confide in them.

Suicidal thoughts should always be taken seriously, but specifically if such thoughts are persistent, occur often, are quite intense and no other option seems to be available. In such cases help should be sought immediately.

## Self-harm and Suicidal Feelings

Someone who harms themselves, be it through cutting, scratching, abusing alcohol or drugs, may not necessarily be feeling suicidal. Self-harming behaviour can act as a release and it is a way for people to cope with the distress they are experiencing, without them wanting to end their lives.

Although someone may not be seeking death through acts of self-harm, this still signifies that an individual is feeling overwhelmed and is experiencing a sense of despair. Just as suicidal feelings need to be taken seriously, so does self-harming behaviour.

## What makes someone become suicidal?

There are many varied reasons as to why people may become suicidal. Continuously experiencing a number of problems may make someone despair; it may be that an individual feels overwhelmed as stresses and pressures begin to mount; or a sudden personal tragedy may affect someone quite severely.

An individual may feel that they can no longer cope with life or they cannot see the point of carrying on. Some people may feel comforted thinking that by committing suicide their death is in their control, even if they feel they have no control over other aspects of their life.

Sometimes it is not obvious that someone may be feeling suicidal as some people can hide their distress so that no one actually knows the truth of how that individual is actually feeling. At times like this, it appears as if the suicide has happened so suddenly and unexpectedly, that many people are shocked that this individual was able to do such a thing.

Yet sometimes there may be some signs, which may suggest someone is feeling suicidal.

Indicators of suicide risk:

- Threats to hurt or kill oneself
- Actively looking for ways to kill oneself, e.g trying to get access to pills
- Someone starts to write or talk about death or suicide in a way that is out of character
- Feelings of helplessness and/or hopelessness
- Symptoms of depression (e.g. no longer interested in usual activities, changes in appetite)
- Behaving recklessly

- Increasingly using drugs and/or alcohol
- Giving away possessions or writing a will
- Withdrawing from loved ones
- Feelings of anxiety, agitation
- Dramatic changes in mood
- Feeling there is no reason to live or life has no purpose.

## Who is most at risk?

- Some people appear to be more at a risk of attempting suicide.
- People who experience mental health issues, mainly severe depression and schizophrenia, seem to have a higher chance of committing suicide.
- Someone who is beginning to recover from severe depression may have more energy now than before to attempt suicide. And people who hear voices telling them to kill themselves may act on these commands.
- Someone experiencing relationship problems, including a break-up of a close relationship.
- Those that have recently or in the past been physically or sexually abused.
- Those that are unemployed, socially deprived, are isolated or feel lonely.
- People who misuse drugs and alcohol
- Someone who has a long-standing physical ailment may become depressed and thus may develop suicidal feelings.
- Someone who is in a very stressful occupation.
- Individuals who have attempted suicide previously
- People who have had someone in the family commit suicide
- Individuals who experience a distressing or traumatic event, such as bereavement.
- People who have become refugees may also experience suicidal feelings. They have had to flee, or have been forced from, their homes, often facing very traumatic events and they may feel alienated and rejected by the new country they find themselves in.

- Young mothers who experience Post-Natal Depression may have suicidal thoughts.

## Losing someone to suicide

People who have lost someone to suicide may blame themselves. They may experience feelings of guilt for having been unable to prevent the suicide, and/or for having said or done certain things to the person, which they feel, may have contributed to the suicidal act. Families may also face shame and stigma, which can be associated with suicide, and they may well experience anger towards the person who has committed suicide. Suicide is religiously seen as sinful, and this may cause even further turmoil to a family.

## Where to get help?

If you recognise that you are feeling suicidal or know someone who is, or if you have been bereaved by a suicide and are finding it difficult to cope, you should talk to someone you trust or see your GP who can assist you in getting help.

## What do I do if it's an emergency?

If you have attempted suicide, or have found someone who has attempted suicide, such as by taking an overdose, then you should get to A & E as quickly as possible, or call an ambulance. The A&E department at Northwick Park Hospital in Watford Road is open 24hrs to treat urgent physical and mental health problems.

## Local Statutory Services

### CNWL Single Point of Access

[www.cnwl.nhs.uk/service/single-point-of-access](http://www.cnwl.nhs.uk/service/single-point-of-access)

Tel: 0800 0234 650 | Email: [cnw-tr.spa@nhs.net](mailto:cnw-tr.spa@nhs.net)

The Single Point of Access (SPA) is the first point of contact for people in Harrow, Brent, Hillingdon, Kensington & Chelsea and Westminster and also Milton Keynes (out of hours) who want to access the NHS's adult mental health services. It can be contacted for routine enquiries or emergency support 24 hours a day, 7 days a week, and 365 days per year.

The team consists of qualified clinicians who are knowledgeable about different services and options. This supports callers to be directed to the most appropriate service to meet their needs.

### **Harrow Community Mental Health Team – Bentley House**

1st Floor, Bentley House, 15-21 Headstone Drive, Harrow, HA3 5QX

Tel: 020 8424 7701 | Fax: 020 8424 7702

Community mental health teams bring together a range of health care professionals who have specialist skills in working with people who have mental health needs. The services aims to deliver excellent integrated, recovery focused and evidence based health and social care to the residents of Harrow.

### **The Coves**

Tokington Community Centre, St Michaels Avenue, Wembley, HA9 6SA

The Coves is a community based crisis alternative service, provided by Hestia on behalf of Central and North West London NHS Foundation Trust, offering non-clinical support to individuals experiencing a crisis or mental distress, following assessment by the identified CNWL services. They offer urgent appointments to make sure each person gets dedicated time and support.

The Coves is accessible through referral, following an assessment from CNWL mental health services including Single Point of Access, Liaison Psychiatry Teams, Home Treatment Teams, or Community Mental Health Services.

## **Voluntary Services in Harrow area**

See also our on-line directory on 'Finding a counsellor or therapist':

<http://directory.mindinharrow.org.uk/Pages/Quicklinks.aspx?ID=16>

### **Depression Alliance**

Contact: Lorna Cunningham

Guideposts Trust, Henry Smith House, 3-5 Eftcourt Road, Watford, Herts WD17 2PT

Tel: 01923 223554 | Website: [www.depressionalliance.org](http://www.depressionalliance.org) .

Self help group run by and for people who experience depression.

### **Harrow Bereavement Care**

The Lodge, 64 Pinner Road, Harrow HA1 4HZ

Tel: 020 8427 5720 | Email: [admin@harrowbereavementcare.co.uk](mailto:admin@harrowbereavementcare.co.uk)

Website: [www.harrowbereavementcare.co.uk](http://www.harrowbereavementcare.co.uk) | Fax: 020 8853 4459

Visit the bereaved in their home for one to one support.

## **Yakeen Counselling Service**

1 St Kilda's Road, Harrow, Middlesex HA1 1QD

Tel: 020 8427 6796 | Website: [www.thewishcentre.org.uk/index.php?page=341](http://www.thewishcentre.org.uk/index.php?page=341)

Email: [d.a.w.n.@btconnect.com](mailto:d.a.w.n.@btconnect.com) | Fax: 020 8427 6796

Opening Times: Mon-Fri 10.00am-4.00pm. There is a 24hr answering machine service.

A counselling service for Asian women offered in several Asian languages, and interpreters may also be used.

## **Greater London**

### **The Listening Place**

3<sup>rd</sup> floor, Hunter Street Health Centre, 8 Hunter Street, London, WC1N 1BN

Tel: [020 3906 7676](tel:02039067676) | Email: [referrals@listeningplace.org.uk](mailto:referrals@listeningplace.org.uk)

The Listening Place offers a warm and welcoming environment; somewhere individuals can talk openly about their feelings being judged or being given advice. Importantly, they provide on-going support from trained non-judgemental volunteers, which can continue over a number of weeks if this is appropriate.

The Listening Place is not a 'drop-in' centre –all visitors are seen by appointment only.

### **Waterloo Community Counselling Service**

Barley Mow Clinic, Greet House, Frazier Street, London SE1 7BD

Tel: 0207 928 3462 | E-mail: [info@waterloocc.co.uk](mailto:info@waterloocc.co.uk) | Website: [www.waterloocc.co.uk/Home.aspx](http://www.waterloocc.co.uk/Home.aspx) | Fax: 020 7644 6241

(Speak to us between 9.30am-5.30pm, or leave a message at other times)

A multicultural counselling, advice and information service for refugees and asylum seekers offered in different languages.

### **The Maytree Respite Centre Limited**

72 Moray Rd, Finsbury Park, London. N4 3LG

Tel: 020 7263 7070 | E-mail: [maytree@maytree.org.uk](mailto:maytree@maytree.org.uk)

| Website: [www.maytree.org.uk](http://www.maytree.org.uk) | Fax: 020 7272 6863

A refuge for people in extreme suicidal distress and despair. People can stay for up to four nights and are offered support and befriending to help them deal with a crisis.

### **The Havens**

If you have been raped or sexually assaulted, you can come to the Havens for assistance. We can help you deal with and recover from the emotional and physical effects of the assault. Everyone is welcome men and women, young people and children. People may self-refer or can be referred through their GP or other agencies

**Haven – Camberwell:** King's College Hospital, Denmark Hill, London SE5 9RS

Tel: 020 3299 1599.

**Haven - Paddington:** St Marys Hospital, Praed Street, London W2 1NY

Tel: 020 3312 1101

**Haven - Whitechapel:** The Royal London Hospital, 9 Brady Street, London E1 5BD

Tel: 020 7247 4787 at any time

Website: [www.thehavens.co.uk](http://www.thehavens.co.uk)

## Helplines

### **C.A.L.M - Campaign Against Miserable Living**

Tel: 0800 802 58 58 London / 0800 58 58 58 Nationwide | Website:

[www.thecalmzone.net](http://www.thecalmzone.net)

CALM raises awareness of depression among young men aged between 15-35 years old and has a helpline which is anonymous, free to call and open 5pm – midnight 365 days a year

### **ChildLine**

Freepost NAT1111, London , E1 6BR

Helpline: 0800 1111 (Free) | Website: [www.childline.org.uk](http://www.childline.org.uk)

ChildLine is the free, 24-hour helpline for children and young people in the UK.

### **The Compassionate Friends**

Address 14 New King Street, Deptford, London SE8 3HS

Helpline: 0845 123 2304 | Email: [helpline@tcf.org.uk](mailto:helpline@tcf.org.uk) | Website: [www.tcf.org.uk](http://www.tcf.org.uk)

Provides support and information to bereaved families. from 10.00am to 4.00pm / 7.00pm- 10.00pm

### **Harrow Samaritans (24hrs)**

Address: 44 Station Road, Harrow, Middlesex, HA1 2SQ

Telephone: 020 8427 7777 | National Number: 08457 90 90 9008457

Email: [jo@samaritans.org](mailto:jo@samaritans.org) | Website: <http://www.samaritans.org/branches/harrow-samaritans>

A confidential listening service, they are there for individuals at their time of distress.

### **Papyrus (Prevention of Young Suicide)**

Unit 1, Lineva House, 28-32 Milner Street, Warrington, Cheshire, WA5 1AD

Tel: HOPELineUK 0800 068 41 41 || Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) | Website:

[www.papyrus-uk.org](http://www.papyrus-uk.org) SMS 07786 209697

Opening times: Mon-Fri 10am-10pm; Sat-Sun 2pm-10pm; Bank Holidays 2pm-5pm  
HOPELineUK offers support, advice and information for young people up to the age of 35 who are suicidal and those who may be concerned for a young person.

## Survivors of Bereavement by Suicide

National Office, The Flamsteed Centre, Albert Street, Ilkeston, Derbyshire DE7 5GU

National Helpline: 0300 111 5065; office tel: 0115 944 1117 | Email:

[sobs.support@hotmail.com](mailto:sobs.support@hotmail.com) or [sobs.admin@care4free.net](mailto:sobs.admin@care4free.net) | Website: [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk) | Fax: 01482 210 287

Opening times: 9am-9pm every day

Offers emotional and practical support to those who have been bereaved by a suicide of a loved one.

## Support & Wellbeing Information Service Harrow (SWiSH)

SWiSH is for anyone in Harrow aged 18 years and over – those looking for help for themselves as well as carers and staff in local organisations. It can offer information or advice about a wide range of local services, including where to keep fit and well, manage finances, join social groups, look for work, start a course, access help with housing or welfare benefits or apply for a personal budget. You can call the SWiSH helpline on 020 8426 0929, Mon-Fri, 9.30am-5pm.



## This factsheet was produced by Mind in Harrow

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