

## Suicide

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

**National Mind's booklet on Suicidal Feelings**

[www.mind.org.uk/help/diagnoses\\_and\\_conditions/suicidal\\_feelings](http://www.mind.org.uk/help/diagnoses_and_conditions/suicidal_feelings)

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

[www.mind.org.uk/help/medical\\_and\\_alternative\\_care/how\\_to\\_help\\_someone\\_who\\_is\\_suicidal](http://www.mind.org.uk/help/medical_and_alternative_care/how_to_help_someone_who_is_suicidal)

### Suicidal Feelings

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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 kill him/herself, though he/she 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?

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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 which is out of character for him/her
- 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?

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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**

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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?**

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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?**

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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.

The following services may also be of help.

## **Local Statutory Services**

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### **Harrow Assessment and Brief Treatment Team**

Honeypot Lane Centre, 839 Honeypot Lane, Stanmore HA7 1AT

Tel: 020 8951 3770

The Assessment and Brief Treatment teams work with people with mental health problems who are newly referred to the service. An assessment of their mental health needs will be carried out by a member of the team, feedback given, and time-limited treatment offered if appropriate.

Website: [www.cnwl.nhs.uk/service/harrow-assessment-and-brief-treatment-team/](http://www.cnwl.nhs.uk/service/harrow-assessment-and-brief-treatment-team/)

### **Harrow Community Recovery Team**

Atkins House, 19 Marshall Close, Harrow HA1 4DH

Tel: 020 8422 9443

The Harrow Community Recovery Team brings together a range of health care professionals who each have specialist skills who work with people living in the community who have complex and severe mental health problems.

Website: [www.cnwl.nhs.uk/service/harrow-community-recovery-team/](http://www.cnwl.nhs.uk/service/harrow-community-recovery-team/)

### **Harrow Home Treatment Team**

Mental Health Unit, Northwick Park Hospital, Watford Road, Harrow HA1 3UJ

Tel: 020 8869 2690 for referrals from professionals only.

Home treatment teams help avoid admission to a mental health inpatient ward by supporting people in acute mental crisis in their homes.

Website: [www.cnwl.nhs.uk/service/harrow-home-treatment-team](http://www.cnwl.nhs.uk/service/harrow-home-treatment-team)

### **Compass Harrow – Integrated Drug and Alcohol Service**

The 21 Building, 21 Pinner Road, Harrow, HA1 4ES

Tel: 020 8861 2787

provides an integrated specialist drug and alcohol treatment service for adults and young people that progressively moves service users towards stable and productive drug-free lives. The service provides individually tailored treatment that spans advice and information, brief interventions, substitute prescribing and structured care, with an emphasis on groups currently under-served by the existing treatment system.

Website: [www.compass-uk.org/where-we-work/adult-community-services/harrow/](http://www.compass-uk.org/where-we-work/adult-community-services/harrow/)

## **Voluntary Services in Harrow area**

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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)

Opening times: 1st, 3rd, 5th Monday (except Bank holidays) 3.30pm-5pm.

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

Fax: 020 8863 4469

Email: [admin@harrowbereavementcare.co.uk](mailto:admin@harrowbereavementcare.co.uk)

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

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

Fax: 020 8427 6796

Email: [d.a.w.n.@btconnect.com](mailto:d.a.w.n.@btconnect.com)

Website: [www.thewishcentre.org.uk/index.php?page=341](http://www.thewishcentre.org.uk/index.php?page=341)

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**

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### **Waterloo Community Counselling Service**

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

Tel: 0207 928 3462 (Speak to us between 9.30am-5.30pm, or leave a message at other times)

Fax: 020 7644 6241

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)

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

Fax: 020 7272 6863

E-mail: [maytree@maytree.org.uk](mailto:maytree@maytree.org.uk)

Website: [www.maytree.org.uk](http://www.maytree.org.uk)

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**

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

Tel: 0808 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 free to call and anonymous.

### **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 from 10.00am to 4.00pm / 7.00pm- 10.00pm

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.

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

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

Telephone: 020 8427 7777 or the National Number: 08457 90 90 9008457

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: <http://www.samaritans.org/branches/harrow-samaritans>

A confidential support system, 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 or SMS 07786 209697

Opening times: Mon-Fri 10am-10pm; Sat-Sun 2pm-10pm; Bank Holidays 2pm-5pm

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

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

Opening times: 9am-9pm every day

Fax: 01482 210 287

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)

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

### **Created by:**

Mind in Harrow

First floor

132-134 College Road

Harrow

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T: 020 8426 0929

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