



Nottinghamshire Talking Therapies

Keeping Safe

Patient Information



Keeping Safe

It is common for people experiencing emotional distress to have thoughts of harming themselves or that they would be better off dead.

If you are feeling concerned about your safety, please do speak with your practitioner, course facilitator or make an appointment with your GP. You will be asked to complete a questionnaire (PHQ9) prior to assessment and during treatment. If you have scored 2 or 3 on question 9 this may indicate that you need more support.

We have a duty of care to keep people safe. This is a duty we share with patients and GPs. To share this duty, it is important that we keep GP's informed. Therefore we inform GPs when patients report risk to us.

During your contact with the service we may ask you to provide details of an emergency contact. With your consent we can include them in your care and as part of any support with you keeping safe.

Remember suicide is preventable. You are not alone and can get help now.

“Suicide is not chosen; it happens when pain exceeds resources for coping with pain”

You are not a bad person, weak or flawed because you feel suicidal, experience suicidal thoughts or thoughts of being better off dead. It doesn't even mean that you really want to die – it only means that you have more pain than you can cope with right now.

If you feel suicidal don't try to cope alone. Sometimes problems seem impossible to manage or the mental anguish is unbearable

How can I help myself?

1. You have made the first step by telling your doctor or a health professional. They will have discussed treatments and options with you. If you have been given antidepressants, remember that they can take up to two weeks to start working and then gradually.
2. Please use any self help information your practitioner has provided you with
3. Try and tell your friends and family, who will support you by spending time with you. Talking to a family member or a friend or a colleague can bring huge relief.
4. Try to avoid long periods of time on your own, especially if you just sit and dwell on things
5. Plan your day and set small, easy to achieve tasks. This will keep you occupied and give a sense of achievement.

6. You must try and eat, at best little and often and try to drink up to two litres of water each day.
7. Avoid alcohol and non-prescription drugs.
8. Get someone to help you clear out old medicines and anything harmful when you find yourself dwelling on this.
9. Try to distract yourself by phoning a friend, going out, reading a magazine, etc.
10. Exercise can make you feel better, at least 30 mins a day.
11. Just try and be kind to yourself. It will pass, don't be afraid of how you feel, try and be brave and keep safe

When it feels really bad, or when you find things building up RING

If your mental health worsens you should reach out to your GP practice for a review. If you need more immediate mental health support, contact Nottinghamshire Mental Health Helpline on 0808 196 3779 or NHS 111 Option 2, both are available 24/7. You can also ring Samaritans on 116 123, Saneline 0300 304 7000 or text SHOUT to 85258. In the event of an emergency, or if you are unable to keep yourself safe, contact 999 or attend A&E.

Your GP

Support and advice during opening hours.
Ask for details about out-of-hours arrangements.

Emergency Services: 999

If you are unable to get help and you are at urgent risk of harm call for an ambulance.

NHS 111

A 24 hour helpline for health advice and reassurance (non-emergency)

Nottinghamshire Mental health helpline: 0808 196 3779

The crisis line is open 24 hours a day, seven days a week, to people of all ages.

If you're in a mental health crisis, call the crisis line anytime of the day or night, and we can arrange for you to speak with a mental health professional. We can also advise you about other services, which can help you.

The crisis line is operated by local health workers. Don't worry, they will help you get the right support.

Samaritans To speak to a Samaritan volunteer anytime day or night call 116 123. Calls on this number are automatically sent to the nearest free line, which could be your local branch or another. www.samaritans.org

Saneline: 07984 967 708

SANE out-of-hours mental health helpline offering support and information to anyone

affected by mental illness including families, friends and carers.

Text SHOUT to 85258

<https://giveusashout.org/get-help/how-shout-works/>

A charity providing texting support 24 hours for anyone who is struggling to cope

StayAlive

<https://www.stayalive.app/>

App and resources to support

The Silver Line Tel:0800 4 70 80 90

<https://www.thesilverline.org.uk/>

24 Hour telephone helpline for older adults

Calm Harm App

<https://calmharm.co.uk/>

The Nottinghamshire Crisis Sanctuaries: we are a free service and here to offer support, information and guidance to anyone 18 years or older in or nearing a mental health crisis. Our team is ready to listen and waiting to hear from you on 0330 822 4100. Our opening hours are from 4pm till 11pm every day of the year seven nights a week.

<https://www.nottinghamshirecrisis sanctuaries.tv/>

Harmless: Provide support for people who self-harm or their family and friends. Provide support as well as several resources. Accessed via online self referral form www.harmless.org.uk

The Tomorrow Project: The Tomorrow Project is a confidential suicide prevention service set up to provide both suicide crisis and bereavement support in response to the needs and concerns of our local communities.

info@tomorrowproject.org.uk 0115 880 0280

Breathing Space on 0800 83 85 87 between 6pm and 2am on weekdays (Monday to Thursday) and 24 hours at weekends (6pm Friday to 6am Monday). Remember your call is confidential and free.

www.breathingspacescotland.co.uk

Campaign Against Living Miserably (CALM) Helpline 5pm till 12am 0800 58 58 58 <https://www.thecalmzone.net/>

Get Connected: 0800 8084994 line open 1pm - 11pm daily (help line for young people up to age of 25yrs). www.getconnected.org.uk

Papyrus prevention of young suicide. Hope line UK: 0800 068 41 41.

Maytree: For email or telephone support for suicide. They offer residential stays. 020 7263 7070 or email maytree@maytree.org.uk www.maytree.org.uk

The Mix: Provide support for people up to 25 years old on a range of issues from crisis to careers and study. 0808 808 4994. www.themix.org.uk

Are feelings of suicide common?

Most people at some point in their lives will have a suicidal thought but for the majority this is fleeting or at least a short-lived experience.

When do suicidal thoughts become problematic?

Thoughts of suicide should always be taken seriously but if these thoughts are persistent, occur frequently, are strong and for the individual there appears to be no alternative, immediate action should be taken to get support and help

Contact Emergency Services – are you at high risk at this time of killing yourself? Do you have a plan and the mean to complete suicide?

If so, call 999 RIGHT NOW.

It's okay to feel the way you are feeling now and there are people around who can help. When you are feeling suicidal talk to someone immediately.

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