

I AM
REALLY NOT
OKAY

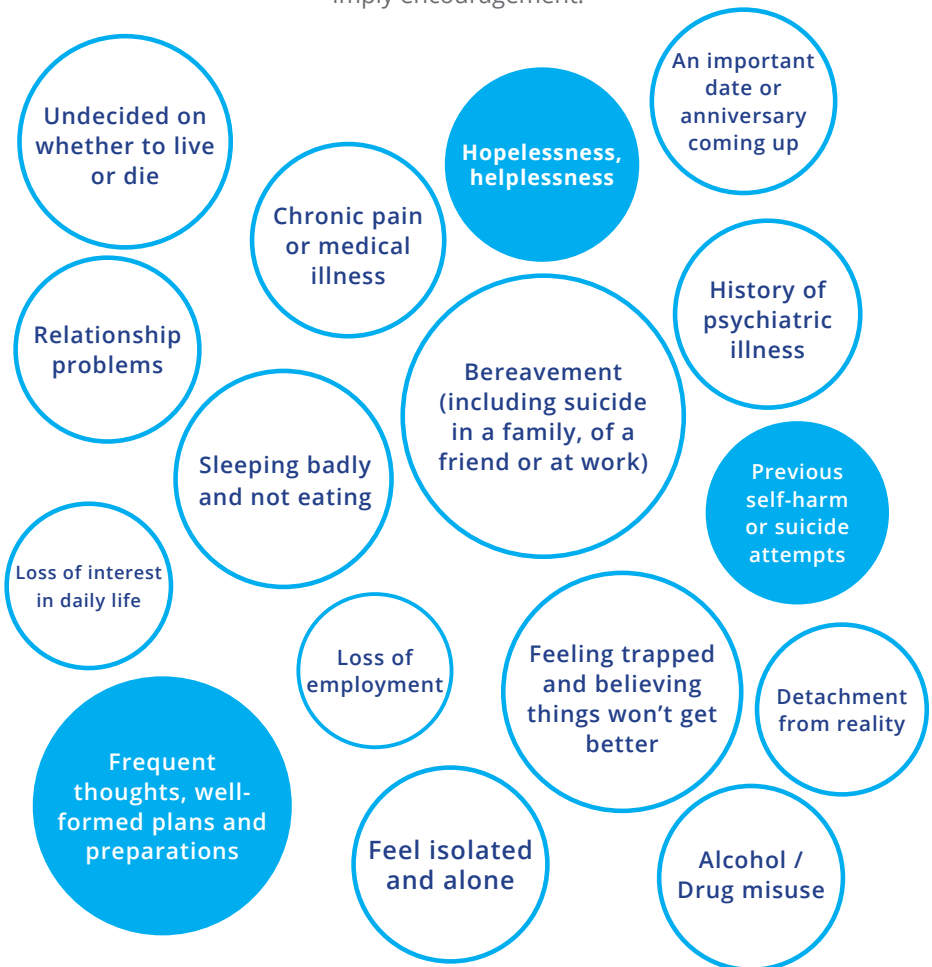
Sometimes you've got to read between the lines.



Norfolk County Council

Recognise the signs

Don't be afraid to ask someone directly if they are thinking about taking their own life – **research has emphasised asking the question and listening with compassion is helpful.** It does not imply encouragement.



Keeping Safe

Warning signs

- Recognise **thoughts, moods, situation, and behaviour** before it triggers a crisis.
- Feeling **low, angry**; thinking that the **world is better off without them**; feeling like things are **never going to get better**.



Protective factors

- What is **good** in their life? What do they **love**? What do they love to **do**? Who are supportive **influences** in their life? Carry a **picture** around of **friends and loved ones**, including **pets**.

Coping strategies

- Things they can do to take their **minds off it**.
- Listen to **music**, go for a **walk or run**, look after a **pet**, walk a **friends dog**, write the feelings down, do something to **help someone**, **breathing or meditation**.
- **Distraction** through people, **speaking to someone** they trust, **ask for help**.

Making the environment safe

- Do they have access to **medication, firearms**? Ask them to safely **lock away**, or **remove the items**.

5 ways to wellbeing

01. Connect

with someone, talk to someone you trust, build and develop connections with people and the community around you.

02. Be Active

Go for a walk, a bike ride, play a game – find a physical activity you enjoy that suits you.

03. Take Notice

Be aware of how you are feeling, & consider breathing or meditation techniques.

04. Keep Learning

keep busy and distract yourself so your mind is busy doing other things, build your confidence.

05. Give

Look out as well as in, create connections with the people around you



Norfolk Support Services

Samaritans:

116 123

Wellbeing Service:

0300 123 1503

You are not alone (YANA)
(support for the farming
community):

0300 323 0400



Stay Alive

A pocket suicide prevention resource, packed full of information to help you stay alive.

Friends and family

Samaritans: **116 123**

Nelson's Journey - Supporting bereaved children and young people throughout Norfolk: **01603 431788**

Professionals

Multi Agency Safeguarding Hub (MASH) New safeguarding concerns: **0344 800 8020**

For specialist advice Duty Detective Sergeant: **01603 276151**

Ensure you speak to your manager and consider a safeguarding referral where appropriate.

National support services

Samaritans: **116 123**

Childline: **0800 1111**

Campaign Against Living Miserably (CALM) (support for men): **0800 58 58 58**

Silverline: **0800 4 70 80 90**

PAPYRUS: **0800 068 41 41**

If the danger is immediate, contact the emergency services at all times:

Emergency Services - Call 999

(including British Transport Police)



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