Coping with Suicidal Thoughts

Coping

Almost one in five people will experience suicidal thoughts in their lifetime. It is much more common than most people realise. So often in life there are times when we might feel totally, hopeless, helpless, and overwhelmed with emotional pain. It might feel like there is no other way out and the pain feels like it will never end so it's good to remember feelings will pass and eventually every storm runs out of rain.

Often the hardest step is voicing how you feel.

Speaking out and putting thoughts into words, especially when they are connected to our deepest feelings can be scary, confusing, frightening, lonely, daunting, exhausting and difficult.

BUT – It can help

Kelly's Heroes Listening Ear service is available every evening from 6pm on our website.

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Take one step at a time

We know from those who work with individuals who experience suicidal thoughts that when people become overwhelmed, they don't want to die, they just want the pain to stop and the problems to go away. Life is an emotional roller coaster, full of up's and downs.

Suicide is not about dying it is about trying to escape the emotional pain the person feels. When experiencing suicidal thoughts, you may feel that you don't understand why you are having suicidal thoughts or suicidal feelings, perhaps you feel completely powerless or just don't know what to do about it.

You are not alone

Suicidal feelings are complex and individual. It may not be easy finding what is right for you, as rarely is there one solution to everyone's problems, and when you are feeling this way, it may be hard to believe, but you do have other options.

- Recognise that what your feeling right now will pass. Poor mental health can distort your perception of problems and reduce your ability to make good decisions.
- Even when you cannot see a way out of your problems, act as if there are other options instead of suicide, even when they are not clear to you right now.

You might not feel better overnight but one day, those feelings of hopelessness and the thoughts of suicide will lift.
Talking it through can actually help you to clarify thoughts and feelings and speaking with someone who is trained in counselling or supporting people with their emotions, means you will be given the space to really think through what it is you are feeling and what you can do to move forward.

Take a step back and separate your emotions from your actions for the moment.

1. Explore safe options – who you can talk to, where you can go for respite care
2. Learn coping strategies
3. Make a safety plan for life
4. Recovery – looking beyond thoughts of suicide

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