FACTSHEET 3

Coping with Suicidal Thoughts...Strategies, plans and recovery

Learn Coping Strategies

It OK to ask for help and support to overcome the problems linked to suicidal ideology. You don't need to do this alone; professional help and support is available.

You may see things on the list that you don't think you will enjoy or even feel like doing, the more options you try the greater chance you will find something that works.

Visit our website for a downloadable coping strategy list

Make a safety plan for life

A safety plan, drawn up with a mental health worker or crisis support worker will help you identify what keeps you safe when you are you are considering suicide or during a crisis.

Becoming familiar with your warning signs and having a safety plan for life will help you put your plan into action. Even if the immediate crisis passes with your self-care strategies, do go and see a doctor or mental health team. This will help you get appropriate treatment and support in place for suicidal thoughts and feelings so that you don't have to continually operate in a crisis mode.

A safety plan template is available to download on our website

Recovery – looking beyond thoughts of suicide

The hopelessness you feel as you consider suicide may be the side effect of a difficult situation or an illness that can be treated. This emotion can be so overpowering that it clouds your judgment and leads you to believe that taking your own life is the best, or only, option.

- Recognise that these feelings are temporary and that with the right support you can learn how to help yourself feel better about life again. Asking others for support can help you see that you have other options and give you hope about the future.
- Create a list of the reasons you have to live. This list can include being alive for your pet, your children, a favourite niece, or something that you enjoy doing at work or at home. It doesn't matter what the list includes but finding a sense of purpose in your life can make a difference.

By getting proper treatment and using effective coping strategies, you can learn to manage or eliminate suicidal thoughts and develop a more satisfying life. Having these experiences can be of benefit to other people who have similar experiences or be at the start of their recovery.

Lived experience advocates help organisations, employers and charities implement strategies, and formulate plans designed for helping others.

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