



### Know Where to Turn for Help

- MIND helpline 0300 123 3393
- SANE (www.sane.org.uk/home)
- Samaritans helpline 116 123
- Turn 2 Me (www.turn2me.org)
- CALM (Campaign Against Living Miserably) helpline 0800 58 58 58
- Construction industry helpline 0345 605 1956

### Reach Out for Help

Reaching out is the most important step to start living mentally well again. Never be afraid to reach out. Here are a couple of different ways to get help:

- Talk with a close friend or family member you trust.
- Call a hotline or helpline and/or talk to a trained Mental Health First Aider.
- Schedule an appointment with a professional therapist. Try e-counselling if that sounds more appealing.
- Read others' stories of hope and recovery. Sometimes reading how others have gotten through a difficult time can help you navigate your own tough situation.
- Try a support group.



Take 5 minutes to check in with 5 friends over the next few days

Small steps like this can change a life or save a life

Tell at least 5 people about 'Take 5' and World Suicide Prevention Day

Find out more here:  
<https://www.take5tosavelives.org/spreadtheword>



# Take 5 to Save Lives





## Emergency Warning Signs

Call 999 if you see or hear the following:

- Someone threatening to hurt or kill themselves or talking of wanting to die.
- Someone looking for ways to kill themselves by seeking access to weapons or other lethal items (this can be online searches or physically looking for something in the moment of despair).
- Someone talking or writing about death, dying or suicide.

## Warning Signs of Suicide

Contact a mental health professional or hotline if you hear or see someone exhibiting one or more of these behaviours:

- Hopelessness
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped, like there's no way out
- Increased alcohol or drug use
- Withdrawing from friends, family and society
- Anxiety, agitation, unable to sleep or sleeping all the time
- Dramatic mood changes



## ASK if the person is thinking about suicide

- Jump start the conversation: "You haven't seemed like yourself lately. Is there something going on?"
- Be Direct. Use specific words "Have you had thoughts of suicide?"

**LISTEN** without judgement. Let the person talk without interruption and make them feel heard

**AVOID** the following:

- Minimizing their problems or shaming a person into changing their mind.
- Sharing your opinion or minimising the situation.
- Avoid arguing or challenging the person.

**RESPOND** with kindness and care. Always take the person seriously

- Stay Calm
- Acknowledge that they are in pain and that their pain is REAL
- Stay with the person
- Remove sharp objects or lethal means
- Go with the person to the A&E or mental health clinic

**FOLLOW-UP** with the person and support their transition from crisis to recovery

- Try to follow up within the first 24-48 hours after a crisis.

Learn more here:

<https://www.take5tosavelives.org/knowhowtohelp>



## Practice Good Emotional Hygiene

- Be mindful of what experiences in life cause emotional pain for you
- Maintain your self-esteem
- Avoid repetitive negative thoughts

**Make Time for Friends and Family**

**Make Time for Yourself**

**Nourish Your Body with Healthy Food**

**Get Enough Sleep**

**Move Your Body**

Get your body moving and keep your heart rate elevated for at least 150 minutes per week or to get 75 minutes of vigorous exercise per week.

**Help Others**

Volunteer at your local food bank or soup kitchen, offer to help a friend or family member who may need your support, or donate to your favourite charity.

**Manage Your Stress**

**Manage Other Medical or Physical Problems**

**Ask For Help**

You don't have to do anything in life alone. If you're having trouble caring for yourself for any reason, reach out.

Learn more here:

<https://www.take5tosavelives.org/practiceselfcare>