



KindaPROUD
Stories of Hope & Transformation

Resources for Suicide

Suicide and Crisis Helplines, Text and Web services- UK

Samaritans National Lifeline UK & Ireland:

116 123 (UK & Ireland) | Email jo@samaritans.org

Whatever you're going through, call the Samaritans free anytime, from any phone on 116 123.

There is someone there to answer the phone 24 hours a day, 365 days a year. This number is FREE to call. You don't have to be suicidal to call the Samaritans.

Papyrus HOPELine UK:

Call: 0800 068 41 41 - Mon-Fri: 10am-10pm, weekends: 2pm-10pm & bank holidays: 2pm-5pm |

Email: pat@papyrus-uk.org | SMS: 07786 209697

HOPELineUK is a specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to: Children, teenagers and young people up to the age of 35 who are worried about how they are feeling

SupportLine UK:

Call the Helpline: 01708 765200 (hours vary so ring for details)| email: info@supportline.org.uk |

Also Help Resources

They offer confidential emotional support to children, young adults and adults by telephone, email and post. They work with callers to develop healthy, positive coping strategies, an inner feeling of strength and increased self-esteem to encourage healing, recovery and moving forward with life.

Saneline: can offer emotional support on 0300 304 7000 (4.30pm-10.30pm every day of the year)

Suicide Crisis: If you live in Gloucestershire <http://www.suicidecrisis.co.uk>

CALM: Specifically offering support for men. Open 5pm - midnight, Call: 0800 585858 or join a webchat at: <https://www.thecalmzone.net>

The Mix: <http://www.themix.org.uk>

The Mix's Crisis Messenger text service is available 24/7 and open to anyone aged 25 or under living in the UK. If you're in crisis and need to talk, text THEMIX to 85258.

The Mix has a Webchat and Helpline service for free and confidential information and help on a wide range of issues for 13 to 25 year olds including: sex and relationships, your body, mental health, drink and drugs, housing, money, work and study and crime and safety .

Helpline: 0800 808 4994

MIND's Online support chat forum: <https://www.elefriends.org.uk>

Inner Compass: moving away from diagnosis / coming off medication support:

<https://www.theinnercompass.org>

Hub of Hope: To find resources in your area <https://hubofhope.co.uk>

Aligned organisations and International support:

SOBS: <https://uksobs.org>

Suicide Bereavement UK: <https://papyrus-uk.org/suicide-bereavement-support/>

Cruse: <https://www.cruse.org.uk/get-help/traumatic-bereavement/suicide>

Metanoia: <https://www.metanoia.org/suicide/>

Mental Health Foundation: www.mentalhealth.org.uk/a-to-z/s/suicide

Find a therapist in the UK: <https://www.rscpp.co.uk>

Find a therapist in the USA: <https://www.therapyden.com>

Mad in America: <https://www.madinamerica.com>

A Disorder for Everyone: <http://www.adisorder4everyone.com>

Compassionate Mental Health: <http://compassionatementalhealth.co.uk>

Lifeline Australia: <https://www.lifeline.org.au/get-help/topics/suicide-bereavement>

Heads Together: <https://www.headstogether.org.uk>

Online forums:

Shades of Awakening: <http://shadesofawakening.com> (Facebook group)

Drop the Disorder: <https://www.facebook.com/groups/1182483948461309/> (Facebook group)

Online Peer Support Groups:

The Death Cafe: <https://deathcafe.com>

IANDS online: <https://isgo.iands.org> or
<http://spiritualemergenceanonymous.org/meetings/>

Retreats and Safe Spaces:

Safely Held Spaces: <https://www.safelyheldspaces.org>

Wales, UK: <http://www.dolifor-centre.com> Email: retreats@innerlife.org.uk or telephone: 01597 810168

Helpful Reading / Viewing recommended by Contributors

Books:

The Transformative Power of Near-Death Experiences, Dr Penny Sartori and Kelly Walsh
Mend the Gap, Katie Mottram
In Case of Spiritual Emergency, Catherine G Lucas
Farther Shores, Yvonne Kason MD
Breaking Down is Waking Up, Dr Russell Razzaque
Out of the Darkness: From Turmoil to Transformation, Steve Taylor
You can Heal Your Life, Louise Hay
A Return to Love, Marianne Williamson
The Hero's Journey, Joseph Campbell
The Power of Now, Eckhart Tolle
Conversations with God, Neale Donald Walsch
Lost Connections, Johann Hari
Reasons to stay alive, Matt Haig
Suicide and the Soul, Hillman
The Wizard of Earthsea, Ursula Le Guin
Let me tell you a story, Jorge Bucay
I never promised you a rose garden, Joanne Greenberg
Own Your Self: The Surprising Path beyond Depression, Anxiety, and Fatigue to Reclaiming Your Authenticity, Vitality, and Freedom, Kelly Brogan MD
The little prince, Micheal Morpurgo
Life Crisis, Catherine G Lucas

Find more listed here: <https://www.wholeheartedpath.com/recommended-books> and <http://www.adisorder4everyone.com/books/>

Films:

CRAZYWISE documentary
#Emerging Proud film
Healing Voices
The S Word
The Stranger on the Bridge: www.thestrangeronthebridge.com

Podcasts / videos:

The Happy Place - Fearne Cotton
Eleanor Longden; The Voices in my Head, TED talk on YouTube
Jason Silva: *Shots of Awe* on YouTube

*The resources in the above lists are taken from those indicated as helpful by the #Emerging Proud community when consulted specifically for this project. They are examples, and by no means meant as an exclusive list.

Self-Care Tips

A crisis is different for everyone, but one thing is the same for all of us; when we are in crisis we can feel as though everything is falling apart.

These tips aim to give you some simple but vital tools that can help you to stay safe and manage your thoughts and feelings.

Having our experiences validated as 'normal', real, natural and meaningful can be one of the most important aspects of being able to heal and grow.

It's vital that we are kind to ourselves during this time, and allow any emotions to surface and be expressed in a safe environment.

Having peer support from someone who has gone through similar experiences, and can listen without judgement, is really helpful. Go to the resources section to find services that may be most helpful for you personally.

You are not alone! What you are going through is a normal part of a healing process. Don't give up – there is a light at the end of the tunnel, even when you feel in complete darkness.

You are not crazy, the healing journey is a painful process, but one well worth embarking on.

Quick Tips to keep yourself safe:

- Remember that your thoughts do not have to take charge - you can have them without acting on them
- If you are feeling like hurting yourself, wait, even if it's for 5 minutes, but just wait, and breathe slow and deep... This may be hard but it's likely the intensity will subside
- Call a person or group you can trust to open up to about how you feel
- Find a safe environment e.g. with a therapist or in a group, to help you work through trauma when it arises to be healed. Releasing your emotions; verbally, physically and in any other way necessary is vital
- Find a safe way to express any emotions that are surfacing
- Focus on your self-care - Getting physical exercise / being in nature / eating wholesome food and getting plenty of sleep is important. Initially, some prescribed medications may be necessary to help you manage your life
- Avoid stimulants (alcohol / drugs / caffeine / processed foods, especially sugar)
- Join a support group – this can be an online forum, it helps not to isolate yourself. Try to find at least one person you trust who you can openly talk to about your experiences without fear of being judged
- Listen to calming or uplifting music, and also listening to the sounds of nature can be helpful
- Relationships - spend time with supportive people, and distance yourself from ones that feel stressful
- Creative self-expression is helpful when you find talking difficult, e.g. drawing, painting, poetry, music, drumming, sculpture, singing
- Call a helpline and talk about how you feel, e.g. the Samaritans (number in Resources section)

Exercise

Some people find vigorous exercise, like running, very helpful because of the increased amount of energy they are experiencing in their bodies. Others find gentle walking or yoga to be more what they need. Creative exercise e.g. Dancing, Drumming, or even Hula-hooping, can help to release some energy from your body. Let your body move in whatever ways feel natural to you...

Spiritual Practices

At the beginning of a crisis it's advisable to stop or at least reduce any spiritual practices, e.g. meditation, to slow down your process; these can then be gradually re-introduced over time.

Stress

It's very common to experience high levels of anxiety during these times. This can present as shallow breathing, palpitations, sweating, confusion or even panic attacks. There are some simple and effective self-help tools that can help you manage these, like a guided body scan, e.g. the Autogenic Technique. Remember also the basic tips on relaxation included in the sleep section, and the benefits gained from releasing emotions and talking openly to someone you trust.

Creativity and Self-Expression

Many people find times of crisis to also be a time when their creative energies are active. Painting, drawing, craftwork; these can be used as a way of expressing experiences, releasing emotions and bringing a sense of focus. Enjoy the creation of whatever comes, rather than focusing on the final outcome; messy is good!

Dancing, movement, singing and playing music, can create an enormous release of energy. Even when having a bad day, listening to your favourite music and dancing around has an enormous power of positive refocusing. Turn the music up loud and let out those pent-up screams too; it can be very cathartic to release repressed emotions.

Simple things like writing stories, poetry, upcycling old furniture or clothing, changing your bedroom around, all help with creative expression.

Go slow - Small steps can have a big impact, especially when they lead to a growing sense of satisfaction and confidence.

Suicidal thoughts and Self-Harm

Even though a crisis can be growth towards healing, there may be times when it is extremely dark, terrifying, and dangerous; it is common to experience having suicidal thoughts and thoughts of self-harm.

There are, however, a lot of things that can help manage this distress, more of which can be found on this link: <https://www.metanoia.org/suicide/>.

The fact is you are not alone: other people have felt deep and terrible pain and come through it and you can too.

Feeling suicidal does not have to mean giving up on life.

If you are feeling suicidal it may be that you are desperate for things to be different. Wanting this life to end doesn't rule out the possibility of a new, better life beginning, but you may feel like that is beyond reach right now. Imagine what a better life might look like and see how it is possible to realise it if you stick around to find out what could happen. Turn some of that suicidal energy towards risking change in your life. Consider that it may be a behaviour pattern or life condition that you want to end. Ask yourself, 'What inside me needs to die?'

Some ideas for good self-care:

1. Embodying practices: Sometimes, our mental chatter can be overbearing and make us feel heavy and overwhelmed. Embodying practices, such as humming, singing, chanting, dancing, yoga, mindfulness and BREATHING, not only bring us in to the present moment, giving us a chance to create space between thoughts.

2. Create a sacred space, be it an altar where you keep things that are meaningful to you, or a room that is your safe haven and your chance to reconnect with yourself.

3. Spend time in nature, whether it's by the sea, a woodland, or even just some fresh air outside your house or your office, spending time in the natural world not only brings us freedom but can reconnect us to our presence, our aliveness.

4. Practice Gratitude. However hard it may be, try to take a moment to look at all the things you have to be thankful for in your life. Be grateful for the smallest of things, maybe things you take for granted. Be grateful for your bed? Maybe that you have a roof over your head? Maybe you have access to food and clean water? Starting small and working up, inviting more gratitude into your life can transform the way you see and show up in life. This is scientifically proven to rewire our brain.

5. Build up your inner wellspring of self-worth. Whether it be writing down an affirmation and sticking it to your bathroom mirror, creating an empowering and uplifting mantra to chant to yourself every morning, surrounding yourself with people who remind you of your innate worthiness, smiling at yourself when you catch your reflection, listening to uplifting music that makes you feel powerful and ready to take on the world, becoming aware of those inner critics that try to keep you small... whatever it may be, try to create a life that reflects your innate worthiness back to you. Your self-worth does NOT depend on what your profession might or might not be, it doesn't depend on how much you please other people...it is innately yours and it is already within you.

6. Become aware of what's energising you and what is draining you. Say YES to the things that energise and nurture you and NO to the things that drain your energy or no longer serve you. Set boundaries! This is easier said than done sometimes, we highly recommend *Braving the Wilderness* by Brené Brown for guidance on setting healthy boundaries.

7. Thank Your Body for all the things it does for you every second of every day. While you are reading this, your heart is pumping, your lungs are breathing, your digestive system is working to turn the food you ate earlier into energy, your cells are being healed and renewed. There are thousands of biochemical reactions happening that we have no say in, our body does that on its own. Let's thank it for what it does for us and allows us to do.

8. Read. Take a look at our recommended reading list in the Resources section of this book for some empowering and life-changing reading.

9. Create with your heart. Creativity can come in as many different forms as there are people in this world, whether it's writing, dancing, painting, sculpting, singing... tap into

those creative juices running through you. Try focusing on the process of creating as opposed to the end product...get messy, have a play and tap into your inner child.

10. Trust the healing process. The road to recovery is not always a linear one, sometimes it's a case of taking one step forward and two steps back and that's ok.

11. Connect with supportive and inspiring people, who are willing to listen without judgement and an open heart. If you can't find them in person, join an online group.

12. Find a safe space to be vulnerable, to speak your truth, express your feelings. Maybe with a therapist or a mentor.

13. Join a support group. Connect with people who are going through similar things and build each other up.

14. Diversify your social media feed. All day, every day we are bombarded with images from different kinds of screens. Much of the time, images that have been edited and tampered with. Taking control of what we are seeing can drastically improve our mental health and wellbeing. Choosing to see more positive posts will not only allow your brain to create new neural pathways and create a new 'normal', but you will feel more uplifted and at peace with yourself.

15. Celebrate every success. Sometimes all these things can seem too much or even unimaginable to do. Sometimes self-care comes in the form of getting out of bed in the morning, cleaning your teeth, having a wash...Give yourself a pat on the back and celebrate every success you can. You are doing an amazing job and we are so proud of you for not giving up!

You can do this!