



## Feeling sad, overwhelmed, or suicidal


### We all have difficult feelings from time to time.

- Sometimes feeling bad is triggered by difficult experiences (e.g., loneliness, bereavement, family problems, relationship breakup, exam stress, moving abroad, adjusting to university).
- At other times, we may just feel low, anxious, or panicky, with no clear reason.
- We often want to get rid of difficult feelings. However, these feelings are actually a sign that we need to address something in our lives and that we may need support.

### Suicidal thoughts and feelings

- Suicidal thoughts are common, but most people tend not to share them.
- Suicidal feelings can be terrifying and can feel overwhelming.
- It can also be a lonely experience when you cannot turn to anyone.

### Managing difficult feelings

- Remember that **difficult feelings come and go**.
- You can access support with your **GP**, who can discuss medication and NHS talking therapy.
- You can access talking therapy with **UCL Student Psychological & Counselling Services**  
[www.ucl.ac.uk/students/support-and-wellbeing/student-psychological-services](http://www.ucl.ac.uk/students/support-and-wellbeing/student-psychological-services)
- **For crisis support, please turn over** 

# Helping you to stay safe

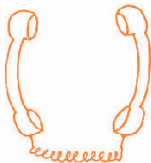
If you have made a specific plan to harm yourself, or think you may act soon:

**Call 999**

**Or go straight to your local hospital A&E (Accident and Emergency) service**

If you have suicidal thoughts and don't know how to manage, here are some ideas:

## CALL A HELPLINE



**Samaritans - 24-hour confidential support** *Open every day*

Tel: **116 123** Email: [jo@samaritans.org](mailto:jo@samaritans.org) [www.samaritans.org](http://www.samaritans.org)

**HOPElineUK - free confidential support for under 35s** *Mon - Fri: 10am-10pm, weekends: 2pm-10pm*

Tel: **0800 068 4141** Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Nightline - free confidential support and practical information for students** *6pm - 8am term time*

Tel: **0207 631 0101** Email: [listening@nightline.org.uk](mailto:listening@nightline.org.uk) [www.nightline.org.uk](http://www.nightline.org.uk)

Text: 07717 989 900 Skype: londonnightline

**Camden & Islington Crisis Team** *If you live in Camden or Islington 24-hour support, 7 days a week*

Tel: **020 3317 6777**

**Maytree: a sanctuary in North London for people who feel suicidal** *Open every day*

Tel: **0207 263 7070** [www.maytree.org.uk](http://www.maytree.org.uk)

## MAKE A SAFETY PLAN



**Make a deal with yourself** not to act immediately

*Suicidal feelings make us want to act soon but it is worth waiting to see if they pass.*

**Keep yourself safe** from acting impulsively

*Remove sharp objects, avoid stockpiling medication, avoid alcohol or drugs if you feel unstable.*

**Contact** a friend, family member, or neighbour. Or, see your GP.

*It can be really helpful to share difficult feelings to get perspective and support.*

**Try to distract yourself** by doing something

*Watch TV, listen to music, have a shower, go for a walk, write a diary, punch a pillow.*