

## 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

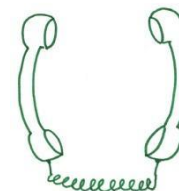
- Suicidal thoughts are common, but most people tend not to share them.
- Suicidal feelings can be terrifying and can feel overwhelming.
- It can also be a lonely experience when you cannot turn to anyone.

### Managing difficult feelings

- Remember that **difficult feelings come and go**.
- You can access support with your **GP**, who can discuss options like medication and NHS talking therapy.
- You can access talking therapy with **UCL Student Psychological Service** <http://www.ucl.ac.uk/student-psychological-services/>
- For **crisis support**, please turn over



# Helping you to stay safe



<p>If you have made a specific plan to harm yourself, or think you may act soon:</p>	<p><b>Call 999</b>  <b>Or go straight to your local hospital A&amp;E (Accident and Emergency) service</b></p>
<p>If you have suicidal thoughts and don't know how to manage, here are some ideas:</p> <p><b>CALL A HELPLINE</b></p>	<p><b>Samaritans</b> 24-hour confidential support and listening (<i>open 24 hours every day</i>)          Tel: 116 123 Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> Website: <a href="https://www.samaritans.org/">https://www.samaritans.org/</a></p> <p><b>Camden &amp; Islington Crisis team</b> if you live in Camden or Islington (<i>24-hour NHS support, each day</i>)          Tel: 0800 917 3333</p> <p><b>HOPElineUK</b> free confidential support for people under 35 (<i>Open 9pm to midnight every night</i>)          Tel: 0800 068 4141 Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a> Text: 07860039967</p> <p><b>Nightline</b> free confidential support and practical information for students  <i>(Open 6pm to 8am every night of term)</i>          Tel: 0207 631 0101 Email: <a href="mailto:listening@london.nightline.ac.uk">listening@london.nightline.ac.uk</a></p> <p><b>Maytree</b> a place to stay in North London for people who feel suicidal (<i>open every day</i>)          Tel: 0207 263 7070 Website: <a href="https://www.maytree.org.uk/">https://www.maytree.org.uk/</a></p>
<p><b>MAKE A SAFETY PLAN</b></p>	<p><b>Make a deal with yourself</b> not to act immediately  <i>Suicidal feelings make us want to act soon but it is worth waiting to see if they pass.</i></p> <p><b>Keep yourself safe</b> from acting impulsively  <i>Remove sharp objects, avoid stockpiling medication, and avoid alcohol or drugs if you feel unstable.</i></p> <p><b>Contact</b> someone you know - a friend, family member, or neighbour  <i>It can be really helpful to share difficult feelings to get perspective and support.</i></p> <p><b>Try to distract yourself</b> by doing something  <i>watch TV, listen to music, have a shower, write about your feelings in a diary, punch a pillow</i></p>