



AMHFA & SELFCARE TRAINING

COURSE:

**Managing Suicidal Thoughts and
Feelings.**

Learn, Understand & Protect Yourself

Introduction

When life doesn't seem worth living anymore, it may seem that the only way to find relief is suicide. It may be hard to believe when you're feeling this way, but you have other options.

Take a step back and separate your emotions from your actions for the moment.



Introduction Cont.



- Recognize that depression and hopelessness can distort your perceptions and reduce your ability to make good decisions.
- Realize those suicidal feelings are the result of treatable problems.
- Act as if there are other options instead of suicide, even if you may not see them right now.

It may not be easy, and you might not feel better overnight. Eventually, though, the sense of hopelessness – and thoughts of suicide – will lift.

UNIT. 1. About suicidal thoughts and feelings



Suicide is the act of intentionally taking your own life.

Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. Or it can mean thinking about methods of suicide or making clear plans to take your own life.

If you are feeling suicidal, you might be scared or confused by these feelings. You may find the feelings overwhelming. But you are not alone.

Many people think about suicide at some point in their lifetime.

L1a. Understand suicidal thoughts and feelings



No matter how much pain you're experiencing right now, you're not alone. Many of us have had suicidal thoughts at some point in our lives.

Feeling suicidal is not a character defect, and it doesn't mean that you are crazy, or weak, or flawed. It only means that you have more pain than you can cope with right now.

L1b. Understand suicidal thoughts and feelings

But with time and support, you can overcome your problems and the pain and suicidal feelings will pass.

Some of the finest, most admired, needed, and talented people have been where you are now. Many of us have thought about taking our own lives when we've felt overwhelmed by depression and devoid of all hope. But the pain of depression can be treated and hope can be renewed.



L1c. Understand suicidal thoughts and feelings



No matter what your situation, there are people who need you, places where you can make a difference, and experiences that can remind you that life is worth living. It takes real courage to face death and step back from the brink.

You can use that courage to face life, to learn coping skills for overcoming depression, and for finding the strength to keep going.

L1d. Understand suicidal thoughts and feelings

Remember:

Your emotions are not fixed—they are constantly changing. How you feel today may not be the same as how you felt yesterday or how you'll feel tomorrow or next week.

Your absence would create grief and anguish in the lives of friends and loved ones.

There are many things you can still accomplish in your life



L1e. Understand suicidal thoughts and feelings



There are sights, sounds, and experiences in life that have the ability to delight and lift you—and that you would miss.

Your ability to experience pleasurable emotions is equal to your ability to experience distressing emotions.

L1f. Understand suicidal thoughts and feelings

"Suicidal thoughts aren't permanent – things do improve. You can find your motivation to live again."



L1g. Understand suicidal thoughts and feelings



L1h.Understand suicidal thoughts and feelings





Be Brave!

For I know the plans I have for you,
declares the LORD,
Plans to PROSPER you and not to harm you,
Plans to give you HOPE and a FUTURE

Jeremiah 29:11

**L1i.Understagns
and feelingnd
suicidal thoughts
and feelings**

L2a.How long will I feel this way?

How long suicidal feelings last is different for everyone. It is common to feel as if you'll never be happy or hopeful again.

But with treatment and support, including self care, the majority of people who have felt suicidal go on to live fulfilling lives.

The earlier you let someone know how you're feeling the quicker you'll be able to get support to overcome these feelings. But it can feel difficult to open up to people.



L2b.How long will I feel this way?

You may want others to understand what you're going through, but you might feel:

- unable to tell someone
- unsure of who to tell
- concerned that they won't understand
- fearful of being judged
- worried you'll upset them.

L2c.How long will I feel this way?

It's important to remember that you deserve support, you are not alone and there is support out there. here's what someone feeling like you are had to say:

"Sharing that I felt suicidal with close friends, although scary as I worried they'd be angry, has helped me in subsequent black times. They said they'd hate to lose me having not been given the chance to help."



L3a. Why do I feel suicidal?

Suicidal feelings can affect anyone, of any age, gender or background, at any time.

If you are feeling suicidal it is likely that you have felt increasingly hopeless and worthless for some time. You may not know what has caused you to feel this way but it is often a combination of factors.



L3b. Why do I feel suicidal?

Common causes of suicidal feelings

- mental health problems
- bullying or discrimination, including racism and tribalism
- different types of abuse, including domestic, spiritual, financial, spiritual, sexual or physical abuse
- Pressures of school or work
- bereavement including losing a loved one
- the end of a relationship like separation or divorce

L3c. Why do I feel suicidal?

Common causes of suicidal feelings

- long-term physical pain or illness
- adjusting to a big change, such as retirement or redundancy, loss of a loved one
- financial problems, poverty
- isolation or loneliness
- being in prison
- feeling inadequate or a failure
- addictions or substance abuse

L3d. Why do I feel suicidal?

Common causes of suicidal feelings

- pregnancy, childbirth or postnatal depression
- doubts about your sexual or gender identity
- cultural pressure, such as forced marriage
- other forms of trauma.

If you are unsure of why you feel suicidal, you may find it even harder to believe that there could be a solution. But whatever the reason.



L3e. Why do I feel suicidal?

Common causes of suicidal feelings

- pregnancy, childbirth or postnatal depression
- doubts about your sexual or gender identity
- cultural pressure, such as forced marriage
- other forms of trauma.

If you are unsure of why you feel suicidal, you may find it even harder to believe that there could be a solution.



L3f. Why do I feel suicidal?

But whatever the reason, you can and will get through this. But you have to reach out and not give in to wanting to take your life. Your life is valuable and there are many people who love and care about you.



UNIT 2. How can I best cope right NOW



L1a. Get yourself through the next five minutes

You might be feeling so upset, angry and in pain that you believe these feelings will never end. But it's important to remember that they cannot and will not last. Like all feelings, these ones will pass.

There are steps you can take right now to stop yourself from acting on your suicidal thoughts. Everyone is different, so it's about finding what works best for you. These are some practical tips that other people have found helpful when they've felt suicidal.

GET SAFE RIGHT NOW...

Get through the next five minutes



L1b. Get yourself through the next five minutes

GET SAFE RIGHT NOW

**THE NEXT 5 MINUTES
COULD CHANGE YOUR LIFE
AND THE LIFE OF YOUR
LOVED ONES.**

Taking things minute by minute can help make things more bearable.
Reward yourself each time five minutes have passed.

L1c. Get yourself through the next five minutes

GET SAFE RIGHT NOW

Get through the next five minutes

There are some simple exercises you can try that might calm you down.

Take a break: spend some time in nature. Nature is healing.

Focus on your breathing: Breath out through your mouth



L1d. Get yourself through the next five minutes

GET SAFE RIGHT NOW

Get through the next five minutes

Get creative: Draw; colour; knit; garden; play music;

Try self-harm coping techniques

If you're thinking of harming yourself, you could try us self-harm coping techniques. For example, you could:

- tear something up into hundreds of pieces
- take a very cold shower or bath.



L1e. Get yourself through the next five minutes

GET SAFE RIGHT NOW

Get through the next five minutes

Taking time to think about what you can smell, taste, hear and see can help to ground your thoughts.

Steady your breathing

Take long, deep breaths. Breathing out for longer than breathe in can help you feel calmer.



L1f. Get yourself through the next five minutes

GET SAFE RIGHT NOW

Get through the next five minutes

Look after your needs

If you can, try doing the following:

- get a glass of water
- eat something if you're hungry
- sit somewhere comfortable
- write down how you're feeling.

Try to avoid drinking alcohol or taking recreational drugs, as this can make you feel worse.



L1g. Get yourself through the next five minutes

GET SAFE RIGHT NOW

Get through the next five minutes

Use online support

You could try using online support to talk about how you are feeling. Google.

"Sometimes it's just about survival and focusing on something that's real until the feelings can become easier to deal with."



L2a.Challenge your thoughts

Make a deal with yourself that you won't act today

Plan to get support if you're not getting support already.



L2b.Challenge your thoughts

Find your reasons to live

You may feel like the world will be better off without you or there's no point in living, but this is never the case. You could try the following:

- Write down what you're looking forward to.
- Make plans to do something you enjoy tomorrow or in the near future. Plans don't have to be big or expensive.
- Think about the people you love. No matter how bad you're feeling, it's important to remember that these people would miss you.



L2c.Challenge your thoughts

Find your reasons to live

You may feel like the world will be better off without you or there's no point in living, but this is never the case. You could try the following:

- Write down what you're looking forward to.
- Make plans to do something you enjoy tomorrow or in the near future. Plans don't have to be big or expensive.



L2d.Challenge your thoughts

- Think about the people you love. No matter how bad you're feeling, it's important to remember that these people would miss you.



Be kind to yourself

- Talk to yourself as if you were talking to a good friend. And try doing something nice for yourself.
- These ideas may seem silly but it can be easy to forget to do something nice for yourself.



L2e.Challenge your thoughts

Tell yourself you can get through this

At times, we can concentrate on the negative things we tell ourselves and lose hope.

Repeating to yourself that you can get past these feelings can help you regain hope and focus on getting through it.

"Rather than focus on all the desperate negative thoughts about being a burden and of no use, bring your focus into trying to believe it will not last forever and working out how you can safely get through."



L3a. Tell someone how you are feeling

Tell someone how you're feeling

Whether it's a friend, family member or even a pet, telling someone else how you're feeling can help you feel less alone and more in control.

Even when you've decided who you can trust to talk to, admitting your suicidal thoughts to another person can be difficult.



L3b.Tell someone how you are feeling

Tell the person exactly what you are telling yourself. If you have a suicide plan, explain it to them.

- Phrases such as, 'I can't take it anymore or 'I'm done are vague and do not illustrate how serious things are. Tell the person you trust that you are thinking about suicide.
- If it is too difficult for you to talk about, try writing it down and handing a note to the person you trust. Or send them an email or text and sit with them while they read it

"When it got really bad and the temptation to harm me was bad I would get my family to hide dangerous things away and go to bed."



UNIT 3. Coping with scary thoughts

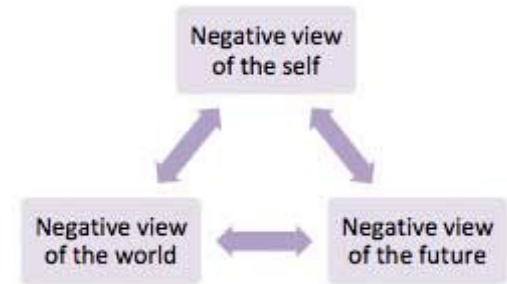


L1a. How the mind of a suicidal person thinks

Depression hits your overall thinking and reasoning abilities most.

Someone with depression may find that they have problems with their short-term memory and that they are unable to focus in the way that they used to. This may mean that they are unable to make decisions and their levels of concentration.

The worst hit part of having depression, is your ability to think, rationally and clearly. Everything inside and outside of you is negative, which gets you into a downward spiral.



L1b Describe your thoughts

If you are having thoughts that frighten or alarm you but it's not an emergency, there are some steps you can take to cope and managing in your day-to-day until those thoughts go away. This could include thoughts about suicide, harming yourself, harming others, or hearing voices and other hallucinations.

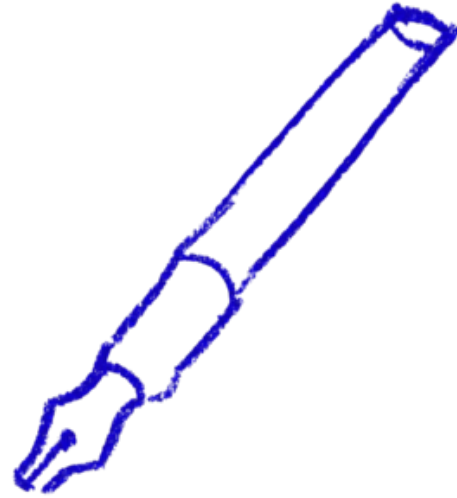
L1c.Describe your thoughts

Describe your thoughts

It might help to write down how you're feeling. This is a safe space where you can reflect, try to clear your mind and attempt to make sense of what you're experiencing.

When you click 'Finish', what you've written won't be saved or sent anywhere, it will be gone.

Type on a sheet of paper.



L2a. Getting through the next few hours

If you are finding it difficult to focus or are unsure how to manage your day, writing down what you'll do next might help you feel more in control of the situation.

Get through 5 minutes....

Try and think short term. Just think about getting through this one step. Look at a clock and see what the time it will be at the end of this activity and focus on that. Try not to think about what to do afterwards.

L2b. Getting through the next few hours

Here are some suggestions by people who have been through something similar to what you're feeling right now, but if they've worked for someone else, maybe they will work for you.

- Listen to a positive 5 minute song that lifts you up
- Go out for a walk
- Read one page of a book that makes you feel good
- Draw or sketch or scribble o blank pages
- Take a shower or bath
- Do some exercises like skipping or stretching
- Do some breathing exercises

L2c.Getting through the next few hours

What can you do in the next 5 minutes.

I am going to...

Ready to try 10 mins?

Yes, that was ok. No, that was too hard .I'm not sure

Would you like to keep your answers somewhere safe?

No one but you will see it and everything you write down will be erased as soon as you close the window.

Email this to yourself.

UNIT 4. Make a safety and crisis plan



L1a. Make a safety and crisis plan

A safety plan is a plan to support you at times when you may be thinking about suicide.

This plan is personal to you, and may include:

- how to recognise your warning signs
- details of your coping strategies, such as what has helped you cope in the past and what you can do to help yourself now
- the names and contact details of anyone you know who may be able to help
- the names and contact details of professionals or agencies you can contact if you are in crisis

L1b. Make a safety and crisis plan

- steps you can take to make your immediate environment safe
- details of a safe place you can go if you need to.

Try to make a plan when you can think clearly about what you would find helpful. You might want to complete the plan with someone you trust, such as a friend or therapist. You could also give them a copy of the plan to keep. safety plan the same as a crisis plan?

L1c. Make a safety and crisis plan

SAFETY AND CRISIS PLANS

A safety plan focuses on what you can do now to keep yourself safe.

A crisis plan also focuses on what has helped to keep you safe in the past but is more detailed. It covers what treatment you would like to receive if necessary, and whether you've made an advanced statement or decision.

Remove things you could use to hurt yourself, such as pills, knives, razors, or firearms. If you are unable to do so, go to a place where you can feel safe. If you are thinking of taking an overdose, give your medicines to someone who can return them to you one day at a time as you need them.

L1d. Make a safety and crisis plan

SAFETY AND CRISIS PLANS

A safety plan focuses on what you can do now to keep yourself safe.

A crisis plan also focuses on what has helped to keep you safe in the past but is more detailed. It covers what treatment you would like to receive if necessary, and whether you've made an advanced statement or decision.

Remove things you could use to hurt yourself, such as pills, knives, razors, or firearms. If you are unable to do so, go to a place where you can feel safe. If you are thinking of taking an overdose, give your medicines to someone who can return them to you one day at a time as you need them.

L2a.Learn to manage difficult feelings

Take each day at a time

There might be good days and bad days. Try to focus on each day at a time and set yourself small, achievable goals.

Develop coping strategies that work for you

Self-help resources can help you work through difficult feelings and learn coping skills

Allow yourself to feel your feelings

Suppressing your feelings when they happen can cause them to build up over time and make them even harder to cope with.

L2c.Learn to manage difficult feelings

Think about what caused you to feel suicidal and share this with those supporting you.

Make a happy box

Fill a box with memories and items that can provide comfort and help lift your mood when you feel down. The box can contain anything that is meaningful and helpful to you. For example:

- a favourite book
- positive quotes
- photos
- letters

L2d.Learn to manage difficult feelings

Think about what caused you to feel suicidal and share this with those supporting you.

Make a happy box

Fill a box with memories and items that can provide comfort and help lift your mood when you feel down. The box can contain anything that is meaningful and helpful to you. For example:

- a favourite book
- positive quotes
- photos
- letters

L2e.Learn to manage difficult feelings

Learn your triggers

Keeping a diary can help you find patterns in your mood over time. It can also help you think about what might be causing you to feel suicidal.

Don't blame yourself

If you have tried to take your own life, or thought about taking your life, you may feel guilty afterwards. This can especially happen if the people close to you feel worried about you.

Try to accept that it was just how you were feeling at the time, and focus your energy now on looking after yourself.

L3a.Learn to value yourself

Write a letter to yourself

Try to include happy memories and mention people who care about you.

This may be helpful to read when you are experiencing suicidal feelings to remind yourself that things can get better.

Make plans to look forward to

Planning time to spend with others or doing things you enjoy can help you feel more positive about the future. It doesn't have to be something big like a holiday. You could book tickets to a music or art event, or try joining a

L3b.Learn value yourself

Build your self-esteem to help improve how you feel about yourself.

Celebrate yourself :Write down your achievements and the things you like about yourself, however small. If someone compliments you, make a note of it.

Do things just for yourself: Try to regularly make time for things you like to do. You could spend half an hour reading a book, or doing a hobby you enjoy. Or you could take the chance to try out something new.

L4a.Connect with other people

Let others know how you're feeling

Tell people what you find helpful and let them know when you're finding things difficult. It's okay to ask others to be with you if you need them.

Volunteer

Giving your time to help others can be rewarding. It can build your confidence and make you feel appreciated and needed by others.

L4b.Connect with other people

Let others know how you're feeling

Tell people what you find helpful and let them know when you're finding things difficult. It's okay to ask others to be with you if you need them.

Volunteer

Giving your time to help others can be rewarding. It can build your confidence and make you feel appreciated and needed by others.

L5a.Look after your physical health

Learn to relax before bed, making sure your bedroom is a calm place clear of distractions.

Avoid recreational drugs and alcohol

You might find that you want to use recreational drugs or alcohol to cope with difficult feelings about yourself.

But in the long run they can make you feel worse and can prevent you from dealing with any underlying problems.

L5b.Look after your physical health

Think about your diet

Eating regularly and keeping your blood sugar stable can make a difference to your mood and energy levels.

Try to do some physical activity

Many people find exercise a challenge but activities like yoga, swimming or walking can be a big boost to your mood.

L6a.How to cope in the future: A Crisis Plan

You might not like the idea of planning for something you hope won't happen. But it could help to think about what you could do if you start to feel in crisis in the future, and what kind of support you think you might want.

You could:

Explore ideas for help and support

It could help to explore possible options for support when things are less difficult, so you have information ready for times when you might need it. For example, you could:

L6b.How to cope in the future: A Crisis Plan

For example, you could:

Talk to your doctor about options for treatment and support.

Find details of helpline and listening services online, including how to contact them and when they're open. It could help to write these details down

Make plans with friends or family : Talking to people close to you about how you'd prefer to manage a crisis can be a good way to plan for the future. It could be helpful to write down what you've decided, so you both remember what you've said.

L6c.How to cope in the future: A Crisis Plan

For example, you could let them know:

- how they might help you spot the signs of a crisis
- how you would like them to help you
- who they could contact
- what treatment you would prefer.

You could also discuss whether your friend or family member might feel able to act as your advocate.

L6d.How to cope in the future: A Crisis Plan

Make an advance statement

In some situations, experiencing a mental health crisis might mean that you become unable to make decisions about your treatment (in legal terms, this is called **losing capacity**).

If you're worried about losing capacity, you might decide to make an advance statement.

L6e. How to cope in the future: A Crisis Plan

This is a written statement about what you would like to happen if you lose capacity, such as:

- what treatment you would prefer
- who you would like to be contacted in a crisis
- any spiritual or religious views and requests
- your food preferences.

L6f.How to cope in the future: A Crisis Plan

Crisis cards

A crisis card is a small card you carry in your wallet, purse or pocket with key details about how you'd prefer to be helped in a crisis, so you can easily find it or show it to other people. You might decide to tell people you know, such as friends or family, about the card and where you keep it.

L7a.Look beyond your thoughts and feelings

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.

- **Recognize that these feelings are temporary and** that with the appropriate treatment 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.

L7b.Look beyond your thoughts and feelings

- **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 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.

UNIT 5. Recovering from suicidal thoughts



L1. Summary

Even if your suicidal thoughts and feelings have subsided, get help for yourself. Experiencing that sort of emotional pain is itself a traumatizing experience. Finding a support group or someone to talk to, can be very helpful in decreasing the chances that you will feel suicidal again in the future.

You can also do the following:

- **Identify triggers or situations that** lead to feelings of despair or generate suicidal thoughts, such as a broken relationship, alcohol, or stress from relationships. Find ways to avoid these places, people, or situations.

L1b. Summary

- **Take care of yourself.** Eat right, don't skip meals, and get plenty of sleep. Exercise is also key: it releases endorphins, relieves stress, and promotes emotional well-being.
- **Build your support network.** Surround yourself with positive influences and people who make you feel good about yourself. The more you're invested in other people and your community, the more you have to lose—which will help you stay positive and on the recovery track.

L1c. Summary

- **Develop new activities and interests.** Find new hobbies, activities or work that gives you a sense of meaning and purpose. When you're doing things you find fulfilling, you'll feel better about yourself and feelings of despair are less likely to return.
- **Learn to deal with stress healthily.** Find healthy ways to keep your stress levels in check, including exercising, strategies to relax, practising simple breathing exercises, and challenging self-defeating thoughts

UNIT 7. Useful contacts for help



L1. Online help

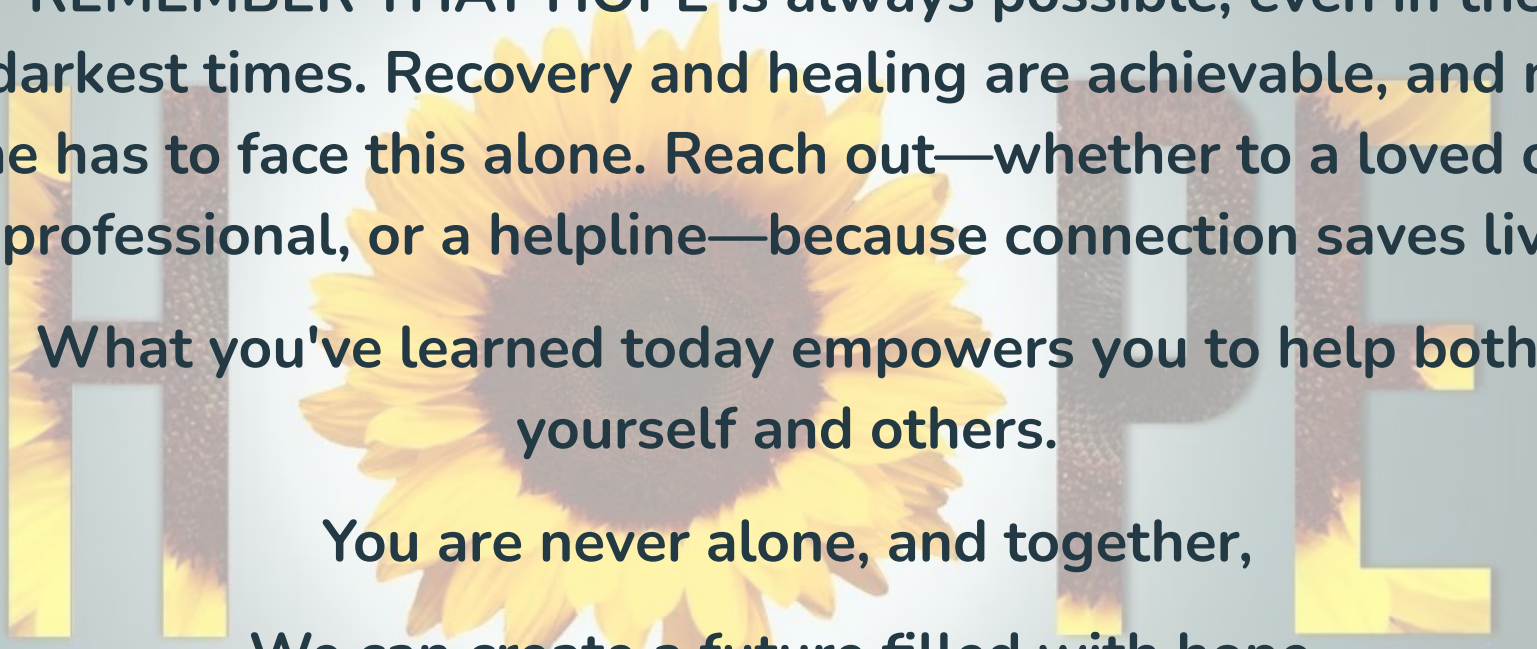
There is a range of services to help improve the quality of life for anyone affected by mental illness. Also, find out what physical services are around for you in your community.

Numerous online services provide mental health support worldwide. Please explore the areas below to find out what confidential support, guidance and information is available for you.

Worldwide : Find a helpline near you at [Befrienders Worldwide](#), [IASP](#), or [International Suicide Hotlines](#).

befrienders.org

Worldwide directory of emotional support helplines.



REMEMBER THAT HOPE is always possible, even in the darkest times. Recovery and healing are achievable, and no one has to face this alone. Reach out—whether to a loved one, a professional, or a helpline—because connection saves lives.

What you've learned today empowers you to help both yourself and others.

**You are never alone, and together,
We can create a future filled with hope.**



AMHFA & SELFCARE TRAINING

COURSE:

**Managing Suicidal Thoughts and
Feelings.**

Learn, Understand & Protect Yourself