

Suicide Information for those in Suicidal Distress

www.cseas.per.gov.ie



Who is this leaflet for?

If you are feeling overwhelmed by what is going on in your life at the moment and are having or have had thoughts of suicide, then this leaflet is for you. Thoughts of suicide can be very frightening and you may feel that you can't cope or are losing control.

You do not have to deal with this on your own, help is available. Please read on.

Introduction

Suicide is not limited to any one particular group and can potentially affect any one of us. Many people who are suicidal want to end their pain and suffering rather than their life.

If you are concerned that you are at risk of suicide, it is important to talk about what is going on with someone you trust.

On-duty EAO available at 0818 008120

Monday - Thursday: 9am - 5.15pm

Friday: 9am - 5pm

**Appointments are available evening
and weekends if required**

Email: cseas@per.gov.ie

www.cseas.per.gov.ie

Risk factors

There are certain risk factors that may be associated with thoughts of suicide. These can include:

- Major life changing events
- Untreated mental health issues
- Diagnosis of a major physical illness
- Impulsive or risk-taking behaviour
- Relationship breakdown
- Loss through bereavement
- History of death or suicide in the family
- Access to a means of suicide

What to look out for in yourself

There are certain risk factors that may be associated with thoughts of suicide. These can include:

Can **you** identify with some of the following?

Feelings

- Overwhelmed
- Angry Sad, lonely, isolated
- Disconnected, worthless
- Hopelessness, desperation
- Ashamed

Experiences

- Prior suicidal or self-harm attempts
- Withdrawal from family, friends
- Putting your affairs in order
- Emotional outbursts Alcohol/drug misuse
- Work problems

Physical effects

- Lack of interest or pleasure in things
- Lack of physical energy
- Change/loss of appetite, weight
- Physical health complaints
- Disturbed sleep

Thoughts

- Wanting to escape from the pain
- Preoccupation with death and violence
- Seeing no future
- Planning for suicide

You may not have all the above signs present at the one time. The more of these signs you can identify with, the higher the risk.

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If you are contemplating suicide, then you **NEED HELP NOW.**

- Note what is causing you concern
- Eliminate dangerous items from your home
- Engage support from relevant sources
- Disclose the seriousness of the issue
- Have a frank conversation about your needs
- Explore alternative ways of managing
- Let other people help you
- Put together your own keep safe plan*
- Note the positives in your life
- Open your mind to change
- Work on building resilience

Resources and Supports

If you are in **crisis** right now consider contacting any of the following:

- The local GP/GP out-of-hours service
- The A&E Dept. of the local hospital
- 999/112 in the case of an emergency

These organisations also provide information and support to anyone affected by suicide:

www.samaritans.org Tel. 116 123
www.pieta.ie Tel. 0818 111 126

Reducing Distress

Once the crisis has passed, the following might help you to reduce future distress:

Talk to someone you trust

- Regularly express how you are feeling to family, friends etc.

Get professional support

- Discuss options with your GP
- If on medication, take it as advised

Keep to a routine

- A good routine can help you feel more in control

Practice self-care

- Eat healthily
- Exercise regularly
- Have a regular sleep pattern

Do things you enjoy

- Even if you don't feel like it, try the things you used to enjoy

How the CSEAS can Help

The CSEAS is a support service which offers a wide range of free and confidential** supports designed to assist civil servants in managing work and/or life difficulties. Employee Assistance Officers (EAOs) are available to speak to and meet with civil servants who are in any way affected by suicide.

MY KEEP SAFE PLAN

It is important to have a plan to keep yourself safe when you have thoughts of harming yourself. It is easy to become overwhelmed by suicidal thoughts and these can stop you from seeing other ways to deal with the problem.

The following questions might help you to put together your own KEEP SAFE PLAN.

Q. How did I cope with difficulties in the past?

Q. Who can I trust that I can talk to?

1. Name _____ Tel _____

1. Name _____ Tel _____

Q. What organisations could I contact for support?

1. Name _____ Tel _____

1. Name _____ Tel _____

Contact details for GP/Emergency Services

1. Name _____ Tel _____

1. Name _____ Tel _____

Contact details for next of kin

1. Name _____ Tel _____

IMMEDIATE HELP - Call SAMARITANS 24 Hour Helpline on 116 123.

Remember this period of distress will pass. There is help out there.

For more information, please contact us as follows:

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