

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.

For more information, please contact us as follows:

Phone: 0761 000 030
email: cseas@per.gov.ie
www.cseas.per.gov.ie

**See website for exceptions to confidentiality

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 _____

2. Name _____ Tel _____

Q. *What organisations could I contact for support?*

1. Name _____ Tel _____

2. Name _____ Tel _____

Contact details for GP/Emergency Services

1. Name _____ Tel _____

2. 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.*

September, 2015

SUICIDE INFORMATION FOR THOSE IN SUICIDAL DISTRESS

CIVIL SERVICE EMPLOYEE ASSISTANCE SERVICE (CSEAS)

Seirbhís Chúnaimh
d'Fhostaithe na Státseirbhíse



Civil Service Employee
Assistance Service

Phone: 0761 000 030
email: cseas@per.gov.ie
www.cseas.per.gov.ie

MISSION STATEMENT

To offer a quality resource and support service for all staff which positively affects both individual health and well-being and organisational effectiveness

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.

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 some common feelings, experiences, physical effects and thoughts among people who are contemplating suicide.

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.

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

Text 087 2609090



www.pieta.ie

See website

*See My Keep Safe Plan at end of this leaflet