

# IS LIFE GETTING TOO MUCH?

Feeling overwhelmed or suicidal?



Visit: [www.norfolk.gov.uk/iamokay](http://www.norfolk.gov.uk/iamokay)

Information, advice and support  
for young people in Norfolk.

## I'm struggling, who can help me?

It's normal for us to get into situations that make us panic and feel hopeless. Sometimes this can lead to suicidal thoughts.

If you are struggling, don't stay silent, you can talk to:

- A close friend, relative or teacher
- **Norfolk First Response Line:** 0808 196 3494
- **Young Minds Crisis Messenger Service:**  
Text 85258 (24/7)
- **The Samaritans:** 116 123 (24/7)
- **Childline:** 0800 1111 (24/7)
- **The Hopeline (PAPYRUS):** 0800 068 41 41  
Text 07786 209697. (Open Mon-Fri  
10am to 10pm, Weekends 2pm to 10pm)
- **Chat Health:** 07480 635060 (9-5 Monday-Friday)
- **Point 1:** 0800 977 4077



These helplines are free to call and confidential.

## Men and boys are less likely to talk about their feelings

"IF YOU'RE FEELING VULNERABLE AND ARE STRUGGLING, IT'S OKAY TO SPEAK UP ABOUT YOUR FEELINGS AND THOUGHTS. PEOPLE SHOULDN'T WORRY ABOUT BEING JUDGED."

- TIMM KLOSE, NORWICH CITY FC PLAYER ON TALKING ABOUT MENTAL HEALTH

**CAMPAIGN  
AGAINST  
LIVING  
MISERABLY  
CALM**

You can get anonymous and confidential support to help you stay in control from C.A.L.M, a charity dedicated to preventing male suicide.

You can call their helpline on:

**0800 58 58 58**


(Open every day from 5pm – Midnight  
Calls are free from most mobile networks)


Visit: [www.thecalmzone.net](http://www.thecalmzone.net) (Webchat available)


## How to look after your emotional wellbeing


The following can help support your wellbeing.


### Five ways to wellbeing:

 **Keep learning:** Try a new skill or do something you enjoy!

 **Connect:** Make contact with friends, family and others.

 **Take notice:** See what's going on around you.

 **Give:** Do something for someone else.

 **Be active:** Do something physical.

Useful websites:

<https://www.wellbeingnands.co.uk/norfolk/self-help/five-ways-to-wellbeing/>

## How to talk to someone you are worried about

Talking about suicide will not make it happen!

Talking about it lets the person know that there is someone they can talk to about how they feel.

### THINGS TO SAY TO HELP START THE CONVERSATION:

Start by asking **"Are you OK?"** Ask twice as they may say they are fine, when they are not.

**Emphasise and listen without judging them.**

**Don't be afraid to ask them if they're having suicidal thoughts.**

**"Are you thinking about harming or killing yourself?"**

Reassure them that desperate feelings are common and can be overcome. Offer to help them find support.

**Encourage them to tell someone.**

# How to tell if a friend or someone close to you is feeling suicidal

You may hear them say these sorts of things:



"Sometimes I feel like I just want to die"  
"I'm worthless".  
"There's no reason for me to live".  
"No one understands".  
"You're better off without me".  
"If I died, would you miss me?"  
"I'll try anything, I'm not afraid to die".  
"I just want everything to stop".  
"I can't do this anymore".  
"I wish I had never been born."

You may see them do these sorts of things:



Giving away things most valuable to them.  
Self-harming.  
Drinking more or taking drugs.  
Making funeral arrangements/ saying goodbyes.  
Suddenly 'recovered' after a period of depression.  
Quitting activities that were important to them.  
Withdrawal from family and friends.

These are some of the common signs, but sometimes there are no warning signs.

## What to do if you are worried about someone in immediate danger

- Call 999 – Stay with them until help arrives, if it is safe.
- Norfolk First Response Line: 0808 196 3494
- Text 85258 (24/7) Young Minds Crisis Messenger Service.

### Always remember to put your own safety first.

**Look after yourself** – If you have supported someone to find help you may be left with difficult feelings.

Speak to a trusted adult so you're not dealing with it on your own or see our local contacts.



If you or someone you know are feeling emotionally distressed, try using this '5-4-3-2-1 Grounding Technique' to find some calm:

- 5 **Name 5 things you can see around you**
- 4 **Name 4 things you can feel**  
(clothes, warm, cool, breeze, touch)
- 3 **Name 3 things you can hear right now**
- 2 **Name 2 things you can smell**  
(or, 2 things you like the smell of)
- 1 **Name 1 thing you like to taste**



Breathing exercises can also help - Take some slow deep breaths in and out from your belly.

## Local contacts

### ChatHealth

Speak to a health professional.  
Text 07507 333356

### For Parents

Just one Norfolk  
Visit: [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk)

**Point 1** – offers professional support for young people experiencing early signs of mental health.

Visit: [point-1.org.uk](http://point-1.org.uk)

**MAP Advice Line** – 0800 0744454  
– For 11-25 year olds in Norfolk

## Apps



Stay Alive

[www.prevent-suicide.org.uk](http://www.prevent-suicide.org.uk)



Calmharm

[www.calmharm.co.uk](http://www.calmharm.co.uk)



Five Ways to Wellbeing

[www.norfolk.gov.uk/everymindmatters](http://www.norfolk.gov.uk/everymindmatters)

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