




HERE FOR LIFE

PAPYRUS



IF YOU'RE THINKING ABOUT SUICIDE

Hold on. We're here 24/7

0300 102 2470
HopeLine24/7



YOU'RE NOT alone

If you're thinking about suicide, you aren't the only one.

Suicidal thoughts can happen to anyone and for many reasons. They can appear when life feels unbearable, when the pain feels too heavy to carry, when hope feels far away or even when things simply feel numb.

You've already done something brave by picking this up. You don't have to face this alone. There are people who can help you stay safe right now and find steadier ground.

Suicidal thoughts can be a sign of distress, not weakness. They don't mean you truly want to die, they mean you want the pain to stop or the situation you're in to change. With the right support, things can feel lighter and safer again.

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HOW TO USE THIS GUIDE

This guide is here to help you take small steps towards safety if you're thinking about suicide. Inside, you'll find reassurance, practical advice, and ways to reach out for support.

You'll also find QR codes throughout so you can quickly access resources, stories, and tools online.

How to scan a QR code:



Open the camera app on your phone

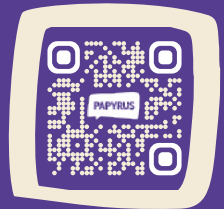


Hold it over the QR code until a link appears



Tap the link to go straight to the right page

It's as easy as taking a photo!



Or visit papyrus-uk.org/feeling-suicidal



HOPELINE 24/7

HopeLine 24/7 is our 24-hour free and confidential helpline for anyone having thoughts of suicide, or for anyone worried about a young person.

Please contact us if you're thinking about suicide and need help to stay safe.



HOW TO REACH US:

Call: **0300 102 2470**

Text: **HOPE** to **88247**



Email: **pat@papyrus-uk.org**

Webchat: **papyrus-uk.org** when the "Hopeline 24/7 chat" icon appears



We also offer BSL access and a Language Line in over 240 languages. Find out more here.

UNDERSTANDING SUICIDAL THOUGHTS

Suicidal thoughts can feel frightening, confusing, or empty. They might come and go or appear suddenly when things feel too much.

These thoughts aren't a character judgement. They're a signal that you're in pain and need care.

Anyone can experience suicidal thoughts. They can take many forms, from vague ideas about not wanting to live, to specific thoughts about ending your life. They might appear briefly when you feel overwhelmed, or last longer when things feel stuck.

Having these thoughts doesn't mean something is wrong with you. Around one in four people experience suicidal thoughts in their lifetime (Mental Health Foundation).

It can help to separate thoughts from actions. A thought is not a decision. Slowing things down gives you space to choose safer steps.

You might feel hopeless, trapped, angry, ashamed, or completely numb. You might not even know how you feel at all. That's okay. There's no right or wrong way to experience this, but there are ways to stay safe.

Around **one** in **four** people experience suicidal thoughts in their lifetime



WHY PEOPLE HAVE SUICIDAL THOUGHTS

Everyone's experience is different. For some, suicidal thoughts can follow one overwhelming event. For others, they build slowly through a mix of pain, pressure or loss. However it feels for you, your pain is real and you don't have to face it alone.

You may be trying to escape pain and regain control. These feelings can make it hard to believe that life can get better, but it really can.

You might recognise some of these, or none at all. Whatever the reason, your feelings are real and deserve support. We are here for you

You don't need a diagnosis to ask for help. You don't need to face this alone. Even if it doesn't feel like it right now, there's always a way forward.

There isn't one single cause. Thoughts of suicide can be linked to many experiences, including:

- Anxiety, depression, or burnout
- Relationship or family conflict
- Abuse, bullying, or trauma
- Bereavement or loss
- Money, housing, or exam stress
- Identity struggles or feeling misunderstood
- Neurodiversity or health difficulties
- Postpartum depression or PMDD
- Past trauma or difficult life events
- Heavy use of alcohol or drugs
- Struggles with sexuality or gender identity
- Experiences of rejection or loneliness
- Feeling low or worthless without knowing why
- Thoughts that come for no clear reason at all

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WHO WE ARE

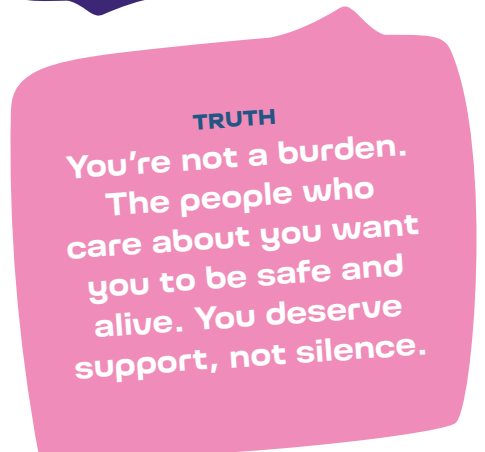
Our advisers are trained professionals in suicide prevention. They're here to help you stay safe, listen without judgement, and work with you to find a way forward.

When you contact **HopeLine 24/7**, an adviser will:

- Listen and take you seriously
- Ask about your thoughts of suicide
- Give you space to talk about what's happening
- Help you to stay safe for now or help you to create a safety plan
- Never judge or be shocked by what you say
- Focus fully on you – your safety, your story, your next step

We're a short-term service focused on helping you to stay safe in the moment. Together, we'll explore what's happening, what's making suicide feel like an option, and how to connect you with longer-term support.

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HopeLine^{24/7}



STAYING safe RIGHT NOW

You don't need to make any big decisions right now.
For now, try to focus on getting through this moment safely.

Thoughts of suicide are temporary; they can change, and for many they do pass. If they feel intense, these small steps can help you cope:



- **PAUSE. TAKE A BREATH.** You've made it to this moment, and that matters.
- **NAME IT.** Say to yourself: "I'm having a hard moment. I'm thinking about suicide." Naming it can release pressure.
- **REACH OUT.** Call, text, email, or webchat **HopeLine 24/7**. We're here.
- **CHANGE YOUR SPACE.** Move somewhere that feels calmer or safer.
- **MAKE YOUR ENVIRONMENT SAFER.** If something nearby could put you in danger, move it out of reach or ask someone to help store it safely.
- **DISTRACT YOURSELF.** Try grounding exercises, music, or a short walk.
- **SET ONE SMALL GOAL.** "Make a cup of tea." "Message a friend." "Call HopeLine 24/7."
- **FOCUS ON NOW.** You only have to get through this moment. You can do it, one minute at a time.

CREATE YOUR SAFETY PLAN

A suicide safety plan is a short, personal guide you can build for yourself. It lists your warning signs, coping strategies, people and places that feel safer, and steps to take if your thoughts get stronger.

You can make a plan with a HopeLine 24/7 adviser or on your own using our online tool. You can update it whenever you need to.

START YOUR PLAN HERE

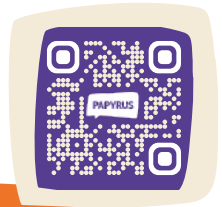
Keep your plan somewhere easy to find: your phone's notes app, home screen, or a printed copy. Share it with someone you trust if that feels right.

Your plan might include:

- Warning signs that your thoughts are getting worse
- People and places that help you feel safe
- Distractions that calm you
- Steps to take if you feel unsafe
- Emergency contacts

You can start building yours today.

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MYTH

No one would understand what I'm going through.

TRUTH

You might be surprised by how many people understand. One in four of us will have suicidal thoughts in our life.

TALKING ABOUT YOUR THOUGHTS

It can feel difficult to talk about suicidal thoughts, but you don't have to have the perfect words. Just start the conversation.

Here are a few ways to begin:



"I've been struggling lately and have had some thoughts of ending my life."

"Can I share something with you, without you judging me?"

"I don't want to be alone. Can we talk or watch something together?"

"I need to tell you how I've been feeling."

"Things feel really heavy right now. Can you talk for a bit?"

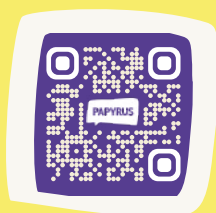


Opening up gives others the chance to stand beside you and help you stay safe.



DIGITAL TOOLS THAT CAN HELP

Between conversations, you might find comfort in things that bring focus or calm. We've created a few simple, free tools to help:



HOPELINK

Our online space for your safety plan. A place to keep it safe and come back to after your conversation with **Hopeline 24/7**.

HOPEBOX

Fill it with reminders, photos, items, and coping ideas.

HOPEBOOK

A space to write what matters and what helps.

APP LIBRARY

Safe, reviewed apps for sleep, calm, focus, and mood.



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COMMON MYTHS AND WHAT'S TRUE

MYTH

I should be able to handle this on my own.

MYTH

If I tell someone how bad it is, they'll think I'm crazy.

MYTH

These thoughts will never stop.

TRUTH

You don't have to. Reaching out isn't weakness, it's strength. No one is meant to carry this kind of pain alone.

TRUTH

Feeling suicidal doesn't make you crazy. It means you're in deep pain and need support to stay safe.

TRUTH

Suicidal thoughts are temporary. They can fade, shift, change and lose their power with time and the right support.

MYTH

If I reach out, I'll just make things worse.

MYTH

There's no way things can get better.

MYTH

If your thoughts come back, you've failed.

TRUTH

Talking about how you feel can ease the pressure and help you find safer ways to cope. You don't have to have all the answers, we're here - and we'll listen.

TRUTH

Even though it doesn't feel that way right now, the way you feel can change. You've already taken a step toward that by reading this.

TRUTH

Thoughts can return and healing journeys aren't always a straight line, that's why ongoing support matters.

“

I don't
recognise the
person I was
before.

”



REAL STORIES OF HOPE

You're not alone in feeling this way. Many people have felt the same pain and found ways to keep living.

"I think about suicide, and I think "How could anyone take their own life?" Then I remember that was actually me. I don't even recognise the person I was before." – Nicole

"Please don't feel like you have to suffer in silence. I never cease to be amazed about how powerful speaking my truth is. And for a young person, who may be afraid about sharing what they're going through or is fearful about being judged or criticised – if you open up, and it takes a huge amount of courage to do so, this can be so profound for someone else." – Stu

"Really importantly, I would advise young people who might be planning to end their life to consider the 'what ifs' and envision a future beyond this pain. You only have one life and there really is some beauty in each day. It is all around us, I know it is hard to see, but if I can see it, then anyone can." – Naomi

"Just because someone doesn't 'look' suicidal doesn't mean they're not suffering. I looked like I had it all together. But I was dying inside." – Blanka

"Today, I've survived my teenage years and I'm heading into my second year at my dream university, studying Mental Health Nursing. It's a path that brings me real purpose, even through its challenges. I have long-term goals now, and an incredible support network beside me." – Mya



AFTER YOU REACH OUT

It's normal to feel a lot of different emotions after reaching out. Try to rest, keep your safety plan close, and know you can contact us again any time. We're always here.

You've already taken one of the hardest, bravest steps by reaching out. You don't have to face this alone.

IF YOU NEED SUPPORT NOW

If you feel in immediate danger, please call 999 or go to your nearest A&E.

If you can, tell someone you trust and ask them to go with you.

If you're not in immediate danger but need help to stay safe, contact HopeLine 24/7 now:



CALL
0300 102 2470

TEXT HOPE to
88247



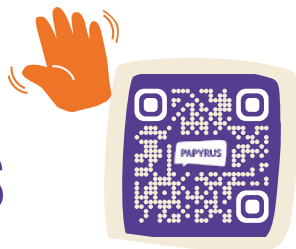
EMAIL HOPE
pat@papyrus-uk.org

WEBCHAT
papyrus-uk.org



HERE FOR LIFE

USEFUL CONTACTS FOR SUPPORT



You might find more support through specialist organisations:

- **ABUSE:** National Association for People Abused in Childhood (NAPAC); National Bullying Helpline; Refuge; National Domestic Violence Helpline (Women only); Rape Crisis (Women only); Respect Men's Advice Line (Men only); Survivors UK (Male sexual violence); Hourglass (over 60s elder abuse); Muslim Women's Network UK (MWNUK), Victim Support
- **ADDICTION:** Drink Aware; Frank; YGAM; Drugs and Alcohol NI; Dan 24/7 (Wales); Know the Score (Scotland)
- **ANY AGE:** CALM; Mind; Shout; Stay Alive, Hub of Hope
- **BEREAVEMENT:** Survivors of Bereavement by Suicide (SOBS); Cruse; Child Bereavement Network; Child Bereavement UK; Compassionate Friends; Suicide&Co
- **DISABILITY:** Scope; Enable (Scotland); Mencap
- **EATING DISORDERS:** Beat
- **FARMING:** Royal Agricultural Benevolent Institution (RABI); RSABI (Scotland)
- **GYPSY, ROMA AND TRAVELLERS:** Friends, Families and Travellers
- **HOUSING OR MONEY:** Citizens Advice; Shelter; Crisis; ACAS; Step Change Debt Charity; Help for Households; Money Helper; The Trussell Trust
- **LGBTQ+:** Switchboard; MindOut; Galop, LGBT Foundation, Stonewall
- **MEN:** James' Place; ANDYSMANCLUB
- **NEURODIVERSITY:** National Autistic Society; Autism Action; Autism Independent UK, ADHD UK, the Brain Charity
- **OLDER PEOPLE:** Age UK, The Silver Line
- **PREGNANCY, MISCARRIAGE, LOSS OF A CHILD:** Tommy's, Sands
- **YOUNG PEOPLE:** YoungMinds; The Mix; Kooth; ChildLine UK

There's always someone who can listen. You can find a full list of trusted services and organisations on our website.

papyrus-uk.org/feeling-suicidal

0300 102 2470

HopeLine24/7

If you are thinking about suicide or are concerned about a young person who may be, you can contact HopeLine24/7 for confidential support and practical advice.



CALL

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TEXT HOPE to

88247



EMAIL

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