

Suicidal 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. Alternatively, 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.

However, you are not alone. Many people experience suicidal thoughts and feelings at some point in their lifetime. They can be very unpleasant, intrusive and frightening, but having thoughts about suicide does not necessarily mean that you intend to act on them. Most people don't go on to attempt to take their own lives. However, if you feel you may act on suicidal feelings and become unable to keep yourself safe then this is a mental health emergency.

It's important to treat it as seriously as you would any physical health emergency, and seek urgent help – for example by dialling 999, going to your nearest A&E, or calling the Samaritans on 116 123.

Different people have different experiences of suicidal feelings. You might feel unable to cope with the difficult feelings you are experiencing. You may feel less like you want to die and more like you cannot go on living the life you have.

These feelings may build over time or might change from moment to moment, and it's common to not understand why you feel this way.

How you might think or feel:

- hopeless, like there is no point in living
- tearful and overwhelmed by negative thoughts
- unbearable pain that you can't imagine ending
- useless, not wanted or not needed by others
- desperate, as if you have no other choice
- like everyone would be better off without you
- cut off from your body or physically numb
- fascinated by death.

Resources:

Suicidal Feelings

Coping with suicidal thoughts

How to support someone who feels suicidal

Myths and Facts about suicide

Prevention of Young Suicide

<https://www.papyrus-uk.org/>

Suicidal Feelings – Help Available

<https://www.youngminds.org.uk/young-person/my-feelings/suicidal-feelings/>

How to support someone with suicidal feelings

<https://www.rethink.org/advice-and-information/carers-hub/suicidal-thoughts-how-to-support-someone/>

Causes of Suicidal Feelings

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/suicidal-feelings/causes-of-suicidal-feelings/>