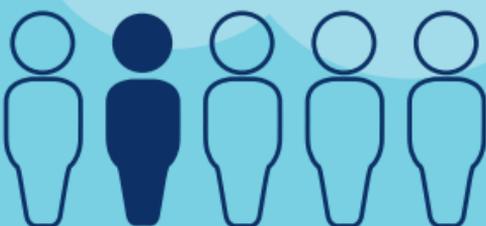


TRACTOR FACTS to save a life

by your side yanahelp.org

Feeling suicidal?



**Around 1 in 5
of us has had
suicidal thoughts
at some point...**

It's nothing to be ashamed of and support is always available.

- ▶ **Wait:** Decide not to do anything right now to hurt yourself
- ▶ **Think:** Suicidal behaviour is an attempt to solve what feels like an overwhelming set of problems, but these thoughts CAN change
- ▶ **Talk:** To someone, a friend or a support service. You don't have to keep these feelings to yourself and it's ok to ask for help
- ▶ **Get help:** If you are feeling desperate and unsafe, make an urgent visit to your GP, dial 999 or go to your nearest A&E

YANA Confidential support, mental health awareness and funding for counselling. (Not for acute situations).

Helpline: 0300 323 0400 | yanahelp.org | helpline@yanahelp.org | admin@yanahelp.org

<Please leave a voicemail or email if line not manned>

Samaritans Ring for yourself or if you are concerned about another. **Call 116 123 | www.samaritans.org**

<24 hour helpline>

Maytree Maytree's house is open for people when they're feeling suicidal. **Call 020 7263 7070**

CALM Campaign Against Living Miserably: a leading movement against male suicide. **Call 0800 58 58 58**

<5pm-midnight every day>

Shout If you're experiencing a personal crisis, are unable to cope & need support, **text 'Shout' to 85258**

Stay Alive App A suicide prevention pocket resource for the UK. Help & support both for people with thoughts of suicide & for people concerned about someone else.

Papyrus Advice for young people at risk of suicide **Call 0800 068 4141** *<Mon-Fri 10am-10pm, weekends 2pm-10pm>*

StayingSafe.net Website for people at risk of suicide and those supporting them

Poor mental health in people involved with farming and other rural businesses can have tragic consequences.

We can, and must, do more to prevent suicide.

You don't have to be a medical professional to help.

Worried about someone? Please remember:

TRACTOR FACTS

to save a life...

- T**ell the person you're worried about them
- R**eaching out to someone in distress could save a life – **listen in a non-judgemental way**
- A**sking if they are thinking of suicide or ending their life is not easy, but if a person has a plan and the means to take their own life, they need urgent help
- C**are – stay with them
- T**ry to stay **calm and supportive**
- O**ffer to help them: to call their GP, take them to A&E or contact the police.
[See the list of helplines on this card]
- R**emove the means – keys to chemical stores, firearms, drugs...

If you are worried that someone is in immediate danger call 999 – stay with them until help arrives, if it is safe to do so.
If firearms are involved always contact the police.

Not everyone who thinks about suicide will tell someone or give any indication at all of their intention. However, **these are some warning signs that we can all look out for and ACT to save a life:**



Appearing 'recovered' after a period of depression



Alcohol and drug misuse



Feeling trapped or in unbearable pain



Possessing lethal means



A sense of hopelessness or no hope for the future



Frequently talking about death



Social isolation or feeling alone



Giving things away



Aggressive or irritable behaviour



Feelings of not belonging



Dramatic changes in mood & behaviour



A history of self-harm



Engaging in risky behaviours



Please take care of yourself

Supporting someone who is suicidal can be distressing. Be mindful of your own well-being – talk to someone you trust or contact one of the helplines listed in this booklet to talk it through.

yanahelp.org