



SGS Wellbeing Service &
Students' Union

SUICIDAL FEELINGS

wellbeingservice@sgscol.ac.uk

What are suicidal feelings?

Suicidal feelings can range from being preoccupied by abstract thoughts about ending your life or feeling that people would be better off without you, to thinking about methods of suicide or making clear plans to take your own life.

The type of suicidal feelings people have varies person to person, in particular in terms of:

- **how intense they are** — suicidal feelings are more overwhelming for some people than others. They can build up gradually or be intense from the start. They can be more or less severe at different times and may change quickly.
- **how long they last** — suicidal feelings sometimes pass quickly, but may still be very intense. They may come and go, or last for a long time.

How to get help?

Speak to any member of staff or email your concerns to the College's Safeguarding Team at wellbeingservice@sgscol.ac.uk

For more information, advice and guidance visit: [Ecampus](#)

Thinking of Suicide?

Are you, or is a young person you know, not coping with life? For confidential suicide prevention advice contact:

[CALM](#) (Campaign Against Living Miserably)

[0800 58 58 58](tel:0800585858) (5pm-midnight)

Listening services, information and support for men at risk of suicide.

[Carers UK](#)

[0808 808 7777](tel:08088087777) (Monday - Friday 10:00 – 16:00)

advice@carersuk.org

Information and support for people caring for someone else.

Elefriends

Mind's supportive online community

Maytree Suicide Respite Centre

020 7263 7070 (24 hours a day)

maytree@maytree.org.uk

Offers free respite stays for people in suicidal crisis.

Mind Out

Email: **info@mindout.org.uk**

Mental health service run by and for Lesbian, Gay, Bisexual, Trans and Queer (LGBTQ) people

NHS Choices

111

24-hour national helpline providing health advice and information.

Papyrus HOPELineUK

0800 068 41 41 (weekdays 10:00 – 22:00, weekends 14:00 – 22:00, bank holidays 14:00 – 17:00)

07786 209697 (text message service)

pat@papyrus-uk.org

Confidential support for under-35s at risk of suicide and others who are concerned about them. Calls and texts are free from all providers and do not appear on bills

Samaritans

116 123 (24 hours a day)

jo@samaritans.org

24-hour emotional support for anyone who needs to talk. Calls are free from all providers and do not appear on bills

SANeline

0300 304 7000 (06:00 – 23:00)

Support for anyone affected by mental health problems

Stay Alive App

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Survivors of Bereavement by Suicide (SOBS)

0300 111 5065 (09:00 – 21:00)

Emotional and practical support and local groups for anyone bereaved or affected by suicide.