

IN4M: Information in 4 Minutes (Student)

NOV 2017

Suicidal thoughts, stress and distress?

Throughout our lives we experience periods of positivity and periods of negativity; our moods peak and dip as we go through our life experiences. Often these periods are short and we can deal with them easily and without any help but sometimes, we experience a longer period of low mood/sadness/negative thoughts or our experience leaves us feeling significantly more troubled than we are able to cope with alone. Sometimes, when things get really challenging we experience 'stress'. If things become more difficult this could lead to 'distress' and, if we don't receive the right support at that time, this could lead us to feeling so low that we may have thoughts of suicide. These feelings can be scary to deal with and this bulletin will help you to understand that these feelings are quite common and there is help for you, if you need it.

Worried about yourself or someone else?

If you're having, or have had suicidal thoughts, it's important to know that you're not alone and there is plenty of support available for you. Hugh Baird College offer a range of services. The Pod is the One Stop Shop for pastoral support. Our Health and Wellbeing Coordinator, Janine, is located in the first room to your right, when entering the Pod. Next to Janine, you will find our counselling service. Bernie and Sheila both offer a drop in service and can be booked for regular appointments, if you feel this would be beneficial. The Retention and Progression Co-ordinators, Linda, Julia and Kelly are all trained Safeguarding Officers and will be able to offer you the time and privacy you need to talk through any worries that you may have. The Pod is open from 9 until 5 Monday to Thursday and from 9am until 4pm on Fridays, you can call in at any time.

Who Else Will Listen to Me?

Let's look at the two main options: you can speak to someone you know or you can speak to someone a little more distanced from you. Starting with those you know, would you feel comfortable telling a parent/guardian or the person you live with? If not, ask yourself if there is a particular friend or close relative who would be able to support you. Would you prefer to tell someone you have never told before because there's someone who you feel would really be able to understand and help you?

If you are not ready to talk to those closest to you, have you spoken to your G.P.? Your GP may be able to help you or s/he may refer you on to specialist services who deal with suicidal thoughts and can help you with specific treatments or therapies.

Contact List

PAPYRUS (0800 068 41 41)

Samaritans (116 123) jo@samaritans.org.

Depression Alliance is a charity for people with depression. It doesn't have a helpline, but offers a wide range of useful resources and links to other relevant information.

Students Against Depression is a website for students who are depressed, have a low mood or are having suicidal thoughts.

Specifically for Males Campaign Against Living Miserably (CALM) is an excellent resource for young men who are feeling unhappy. As well as their website, CALM also has a helpline **(0800 58 58 58)**.

Under 18 Childline runs a helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill. **(0800 1111)**