

Pavee Suicide Prevention



I AM FEELING SUICIDAL. WHAT SHOULD I DO?

TAIRÍ – TALK: You might feel embarrassed to talk about feeling suicidal and worry people will think you are petting. Remember they would rather listen to you than lose you to suicide. Talking will do you good.

SEEK HELP - DON'T PUNISH ALONE. There is ALWAYS help available. If you feel you are at immediate risk of harming yourself it is important that you tell someone you trust, like a family member or mental health service.

Try ringing or texting a support line, they are there to help. They will understand how you are feeling.

SOME OTHER STEPS TO TAKE ARE:

- **HOLD OFF** – promise you won't harm yourself today.
- **THOUGHTS ARE JUST THOUGHTS** – you don't have to act on them.
- **REASONS TO LIVE** – remember there is hope, you do have reasons to live
- **AVOID** – drink and drugs. They can make you act without thinking clearly.
- **STAY SAFE** – keep away from anything you might use to harm yourself.
- **MAKE A PLAN** – of how to stay safe while waiting for help.

TALKING CAN HELP, NOT TALKING CAN COST YOU YOUR LIFE.

Ways to start talking are:

- *“I'm feeling very down in meself and like I can't see anyway out...”*
- *“I'm worried, I've been thinking of doing away with meself...”*



IF YOU NEED URGENT HELP AND ARE AT IMMEDIATE RISK OF HARMING YOURSELF:

- Call your GP or out of hours GP or;
- Go to your nearest A&E or;
- call 999 or 112 for an ambulance;
- or contact your mental health service if you are using one

TRAVELLER SUPPORT SERVICES

- **Traveller Counselling Service:**
T: 086 308 1476 or
E: travcounselling@hotmail.com
- **Exchange House:**
T: 01 872 1094

FOR FREE, 24/7 CONFIDENTIAL SUPPORT

- **Text50808:** Text PAVEE to 50808
- **Samaritans:** T: 116 123 or
E: jo@samaritans.ie
- **Pieta House:**
T: 1800 247 247 or Text
HELP to 51444



WHAT IS SUICIDE?

Suicide is when a person ends their own life.

WHAT ARE SOME SIGNS OF FINDING THINGS DIFFICULT?

We all have mental health and sometimes we can find things more difficult than normal.

MOOD CHANGES:

- Feeling up and then down
- Not wanting to mix with people



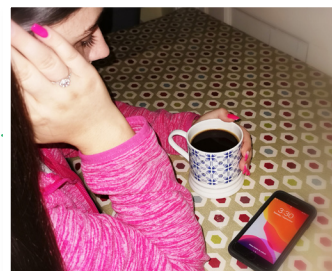
USING DRINK AND DRUGS AS A WAY TO COPE

- Not looking after yourself – not eating well or washing yourself
- Feeling lonely and like you're on your own



LOSING INTEREST IN THINGS

- Having poor sleep and less energy



WHAT ARE SIGNS OF FEELING SUICIDAL?

Some signs are:



WHAT ARE REASONS THAT SOMEONE MIGHT FEEL SUICIDAL?

You might feel like you're the only Traveller who feels suicidal, but you are not alone. It can be hard to remember this when you're feeling very low. Other Travellers have shared that they have felt suicidal at times. Anyone can become suicidal. There is no one thing that causes feeling suicidal, it can be many things.

