



The
Laura Hyde
Foundation

Caring for those who care about us

YOUR SUICIDE PREVENTION RESOURCE

Support for emergency services
staff, their colleagues and patients



Introduction – resources

The Laura Hyde Foundation provide mental health support for all healthcare and emergency services personnel.

Emergency services staff are at a much higher risk of suicide than the general population yet are also less likely to take up support provisions due to associated stigma or shame. They come into contact with regular traumatic situations meaning they are over 40% more likely to be impacted by severe mental health issues and over 50% less likely to take up support meaning its a potent combination for long standing issues. This guide is for all of emergency service personnel to understand and access the support they require without barriers. Whether you work in the NHS, police, fire, social care or are a medical student, the Laura Hyde Foundation are proud to deliver this guide to you. Remember you matter as much as the general public you support.

IS YOUR LIFE IN DANGER?

If you have seriously harmed yourself – for example, by taking a drug overdose – or you feel that you may be about to harm yourself, call 999 for an ambulance or go straight to A&E.

Or ask someone else to call 999 or take you to A&E.

HELP WITH SUICIDAL THOUGHTS

If you're feeling like you want to die, it's important to tell someone.

Help and support is available right now if you need it. You do not have to struggle with difficult feelings alone.

Phone a helpline

- **These free helplines are there to help** when you're feeling down or desperate.
- Unless it says otherwise, they're **open 24 hours a day, every day.**
- You can also **call these helplines for advice** if you're worried about someone else.

Please remember you are not alone. If someone you know is experiencing suicidal thoughts, they are not alone.

Reach out for help. With support things can get better and LHF are here for you.



The Samaritans are a 24 hour confidential listening service providing emotional support for anyone in crisis.

Call: **116 123** | Email: jo@samaritans.org



PAPYRUS
PREVENTION OF YOUNG SUICIDE

PAPYRUS is the national charity dedicated to the prevention of young suicide.

Call: **0800 068 41 41** – 9am to midnight every day
Text: **07860 039 967** | Email: pat@papyrus-uk.org





For children and adults who need emotional support, understanding, compassion & kindness.

Call: **0300 1020 505** – 4pm to midnight every day



Confidential, anonymous and free support information and signposting to people anywhere in the UK.

Call: **0800 58 58 58** – open 7 days a week, 5pm to midnight. Calls are free from UK mobiles and landlines

laurahydefoundation.org

[#caringforthosewhocareaboutus](https://twitter.com/caringforthosewhocareaboutus)

Registered charity number 1190944

 LauraHydeFoundation

 thelaurahydefoundation

 LhFoundation

 justgiving.com/laurahydefdn

 thelaurahydefoundation@gmail.com



Andy's Man Club

Talking groups for men.

Email: [info@](mailto:info@andysmanclub.co.uk)

andysmanclub.co.uk



Facing the Future

Support groups for people bereaved by suicide.

Call: **0208 939 9560**

(and leave a message)

Email: info@facingthefuturegroups.org



Nightline

Emotional support for students in distress. Find out if your institution is covered by a Nightline.

Go to: www.nightline.ac.uk/want-to-talk/



Shout

The UK's first free 24/7 text service for anyone in crisis anytime, anywhere.

Text 'Shout' to **82528**



Child Death Helpline

Confidential freephone service for all those affected by the death of a child.

Call: **0800 282 986**

Mon to Sun – 19:00 to 22:00

Mon, Thurs and Fri – 10:00 to 13:00

Tues and Wed – 10:00 to 16:00



If U Care Share

Supporting emotional well being in young people and those affected by suicide.

Call: **0191 387 5661**

Monday to Friday – 9am to 5pm



SANE

Emotional support, guidance and information to anyone affected by mental illness.

Email: support@sane.org.uk

Text: **07984 967 708**

(giving your first name and a contact number)



Introduction – helping someone

The Laura Hyde Foundation provide mental health support for all healthcare and emergency services personnel.

The people we support often experience regular traumatic experiences due to the job they perform which can lead to suicidal thoughts.

It can be difficult to watch someone you care about struggling but it is important to ensure that they are supported by the correct process. This guide will provide a greater understanding of how you can help and where to access resources that will help them recover.

If someone is in immediate danger of taking their own life call emergency services on 999. Ask for an ambulance. Or take them to A&E at their local hospital.

Hospital staff will decide if they need to be admitted to hospital or not.

Give A&E staff as much information about the situation.

Overview

People think about suicide for different reasons.

If you are worried that someone may be thinking about suicide, talk to them. Ask them about how they are feeling. Talking to someone about their suicidal thoughts does not make them more likely to end their life.

You can help someone who is feeling suicidal by listening, without judging them. Small gestures such as saying ‘hello’ or asking, ‘How are you today?’ can sometimes make a big difference to how someone is feeling.

If someone is in crisis you may need to get help from mental health services or the emergency services.

If someone tries to end their life, this is not your fault. Helping someone with suicidal thoughts is likely to have a big impact on you.

What makes someone think of suicide?

People will think of suicide for different reasons. If someone is exposed to a 'risk factor' it needs to be assumed that suicidal thoughts are more likely to happen.

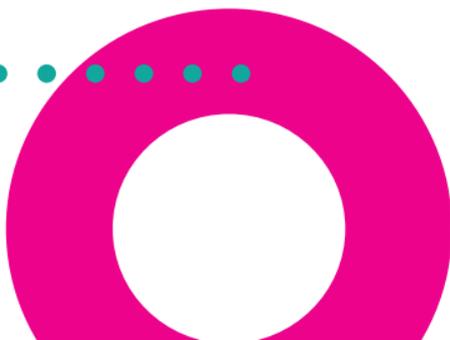
A risk factor might include:

- > Difficult life events. Such as a traumatic childhood or experiencing physical or emotional abuse.
- > Something upsetting or life changing such as a relationship ending or a loved one dying.
- > Anger at other people.
- > Misusing drugs or alcohol.
- > Living alone or having little social contact with other people.
- > Having a mental health condition such as depression, schizophrenia or personality disorder.
- > Having a physical health condition, especially if this causes pain or serious disability.
- > Problems with work or money.

Why may someone end their life?

There are lots of reasons why someone may end their life. Some reasons are:

- > To escape what they feel is an impossible situation.
- > To relieve unbearable thoughts or feelings.
- > To relieve physical pain or incapacity.



What kind of thoughts may someone have?

When someone feels suicidal, they may have some of the thoughts listed below:

- > I have let myself and other people down.
- > I am a burden/I am a failure.
- > No one needs me.
- > What's the point in living?
- > I will never find a way out of my problem.
- > I have lost everything.
- > I'll show them what they have done to me.

Some people feel guilty for thinking about suicide if they have people who care about them. This can sometimes make the feelings of despair worse.

What are the warning signs that someone feels suicidal?

A change in someone's personality and behaviour might be a sign that they are having suicidal thoughts. You may be the best judge of when someone you know is behaving differently.

Changes can include:

- > Becoming anxious.
- > Being more irritable.
- > Being more confrontational.
- > Becoming quiet.
- > Having mood swings.
- > Acting recklessly.
- > Sleeping too much or too little.
- > Not wanting to be around other people.



There are some indicators that suggest someone is more likely to attempt suicide. These include:

- Threatening to hurt or kill themselves.
- Talking or writing about death, dying or suicide.
- Preparing to end their life. Such as storing up medication, or putting affairs in order. Such as giving away belongings or making a will.

Signs that something is wrong can sometimes be more difficult to spot. Such as a cheeriness which may seem fake to you. Or they may joke about their emotions. Such as saying something quite alarming that is disguised as a joke. Don't ignore your gut feeling if you are concerned about someone. Some people won't be open about how they are feeling.

A lot of people try to seek help before attempting suicide by telling other people about their feelings. This could be a professional, friend or family member. If someone tells you about how they are feeling don't ignore them.

How can I help someone who is feeling suicidal?

If you think that someone may be feeling suicidal, encourage them to talk about how they are feeling.

You may feel uncomfortable talking about suicidal feelings. You may not know what to say. This is entirely normal and understandable. It might help to:

- Let them know that you care about them and that they are not alone.
- Empathise with them. You could say something like, 'I can't imagine how painful this is for you, but I would like to try to understand.'
- Be non-judgemental. Don't criticise or blame them.
- Repeat their words back to them in your own words. This shows that you are listening. Repeating information can also make sure that you have understood them properly.



- > Ask about their reasons for living and dying and listen to their answers. Try to explore their reasons for living in more detail.
- > Ask if they have felt like this before. If so, ask how their feelings changed last time.
- > Reassure them that they will not feel this way forever.
- > Encourage them to focus on getting through the day rather than focusing on the future.
- > Ask them if they have a plan for ending their life. Ask what the plan is.
- > Encourage them to seek help that they are comfortable with. Such as help from a doctor or counsellor, or support through a charity such as the Samaritans.
- > Follow up any commitments that you agree to.
- > Make sure someone is with them if they are in immediate danger.
- > Try to get professional help for the person feeling suicidal.
- > Get support for yourself.

Remember that you don't need to find an answer, or even to completely understand why they feel the way they do. Listening to what they have to say will at least let them know you care.

**If you are not sure that someone
is feeling suicidal, ask:
“Are you thinking about suicide?”
or
“Are you having thoughts
of ending your life?”**

These questions are direct. It is better to address the person's feelings directly rather than avoiding the issue. Asking about suicide won't make it more likely to happen.

What won't help someone who is feeling suicidal?

When someone tells you that they are feeling suicidal your response may be to:

- > Try and find an easy solution.
- > Tell them to 'cheer up', 'pull themselves together', 'man up' or 'snap out of it.'
- > Change the subject.
- > Tell them that they have no reason to feel like that.
- > Tell them that they should be grateful for having a good life.
- > Tell them that are being silly.

These responses are unlikely to be helpful.

What if someone is saying they want to end their life now?

Talking about suicide can be a plea for help. Don't assume that someone won't attempt to take their own life if they talk about suicide. Always take suicidal feelings seriously.

If you talk to someone about their feelings and it seems as though they want to end their life soon, try to keep them safe in the short term.

How do I keep them safe?

It is unlikely that you will be able to make their feelings go away, but you can help them by:

- > Not leaving them on their own.
- > Talking to them. See the beginning of this section for more information.
- > Seeking professional help. See the following section for more information.
- > Helping them to create a safety plan.
- > Removing items that they can end their life with.

The removal of items will depend on what their immediate plan is to end their life.

You can use the safety plan attached to this guide to help the situation.

Introduction – anxiety

The Laura Hyde Foundation provide mental health support for all healthcare and emergency services personnel.

The people we support often experience significant anxiety due to the job they perform. Research shows that one in three healthcare staff have experienced significant anxiety with the wider emergency services showing figures of one in four individuals experiencing significant anxiety.

When people are struggling with feelings of anxiety, they can feel scared and alone. This can, at times, lead to thoughts of suicide.

If you are, experiencing anxiety, please remember you are not alone. If someone you know is experiencing anxiety, they are not alone.

Reach out for help. With support, things can get better and LHF are here for you.

Getting treatment for anxiety

If your anxious feelings are becoming overwhelming or difficult to manage you should go and speak to your line manager as a starting point.

If your line manager is unavailable, please ensure you speak to your doctor/GP for advice and support.

Your doctor/GP might suggest trying:

Talking Therapies

Such as Cognitive Behavioural Therapy (CBT), or Counselling. These therapies can help you to understand what is causing your anxiety and give you techniques to manage your symptoms of anxiety.

Medication

Medication can help to manage the symptoms of anxiety. Your doctor will work with you to find out which medication will suit you best. Your doctor might also suggest a combination of medication and talking therapy.

Further treatment options

SAMARITANS

The Samaritans are a 24 hour confidential, listening service providing emotional support for anyone in crisis.

Call: **116 123**

Email: jo@samaritans.org



For children and adults who need emotional support, understanding, compassion & kindness.

Call: **0300 1020 505** – 4pm to midnight every day



PAPYRUS is the national charity dedicated to the prevention of young suicide.

Call: **0800 068 41 41** –

9am to midnight every day

Text: **07860 039 967**

Email: pat@papyrus-uk.org



Confidential, anonymous and free support information and signposting to people anywhere in the UK.

Call: **0800 58 58 58** – open 7 days a week, 5pm to midnight. Calls are free from UK mobiles and landlines

Frontline19

Frontline19

Sign up here: www.frontline19.com/contact/

Email: contact@frontline19.com

Project5

Project 5

Website: www.project5.org

Email: support@project5.org

Duty to Care

Duty to Care

Register to access to the free services:

www.dutytocare.info/#nhs-workers



Anxiety UK

Helpline: **03444 775 774**

(between 9.30AM – 5.30PM, Monday – Friday
(except bank holidays)

Text Service **07537 416 905**

Email: support@anxietyuk.org.uk



What is anxiety?

We can feel anxious when we are worried or afraid. Anxious thoughts and feelings are often linked to fears about something that is happening or might happen in the future.

It's normal to feel anxious sometimes, especially when we are going through stressful life events or changes.

However, anxiety can become a problem if we have anxious feelings that:

- > Last a long time.
- > Are out of proportion to the situation.
- > Feel so strong that we start to avoid situations and events.
- > Cause us to have panic attacks, or make us feel out of control.
- > Stop us from leading our normal life.

When we struggle with anxious feelings we can become overwhelmed with worry, panic or fear. Sometimes we can over analyse situations or excessively worry about them.

What are the symptoms of anxiety?

Sometimes, when we feel afraid or anxious, our mind tells our body that we are in danger and our body reacts automatically.

This is called the **'Fight, Flight or Freeze'** response.

When our body responds in this way it releases hormones called adrenalin, and cortisol. These hormones help us to run away (flight), fight, or freeze. This can be useful if you are in a dangerous situation.

However, sometimes we experience this automatic response to anxiety when we don't need to run away, fight or freeze. In these situations, this release of hormones can cause some of the symptoms of anxiety, including panic attacks.



What is a panic attack?

When we experience panic attacks, symptoms of anxiety can occur very quickly, sometimes without warning. These symptoms can include:



A fast, racing or pounding heartbeat.



Shaking limbs.



Feeling faint or dizzy.



Feeling sick.



Feeling very hot or very cold.



Having chest pain.



Shortness of breath.



Feeling like you aren't connected to your mind, body or the world around you.

Experiencing a panic attack can be very frightening. It can make us feel like we are going to faint or that we are losing control of our body or mind.

What can I do to help myself when I feel anxious?

Here are some ideas of other things that you could try that might help.

- **Speak to someone you trust.** Talk about your worries with somebody who you know will listen and who may be able to help.
- **Try to take control of your worries.** Give yourself a set time each day to think about your worries so that when they come into your mind you can reassure yourself that you will have time to think about them later. Writing them down when they come into your mind and keeping them in one place, for looking at later, may be helpful.
- **Take care of your physical health.** Getting enough sleep, eating well and staying hydrated can keep your energy levels up. This can help you to manage when you are feeling anxious. Getting regular exercise can also help.
- **Breathing exercises.** Controlling your breathing can help you feel more in control when you are feeling anxious or experiencing panic.



Introduction – self-harm

The Laura Hyde Foundation provide mental health support for all healthcare and emergency services personnel.

The people we support often experience regular traumatic experiences due to the job they perform. Research shows that healthcare and emergency services workers are over 30% more likely to experience poor mental health compared to the average individual.

Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, trauma, painful memories or overwhelming situations and experiences.

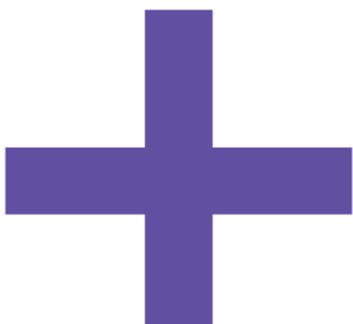
Reach out for help. With support, things can get better and LHF are here to help you.

Self-harm and suicide

Self-harm is a struggle often shared with our partners within the LHF support service hub. More than half of people who die by suicide have a history of self-harm (NHS 2018).

Self-harm may, or may not, be a sign that someone is feeling suicidal – it is very important to ask and not make assumptions.

If you are somebody who is having thoughts of suicide – or you are concerned about a someone who may be suicidal – then please use one of the following support options for practical advice and support.



Further treatment options



The Samaritans are a 24 hour confidential, listening service providing emotional support for anyone in crisis.

Call: **116 123**

Email: jo@samaritans.org



For children and adults who need emotional support, understanding, compassion & kindness.

Call: **0300 1020 505** – 4pm to midnight every day



PAPYRUS is the national charity dedicated to the prevention of young suicide.

Call: **0800 068 41 41** –

9am to midnight every day

Text: **07860 039 967**

Email: pat@papyrus-uk.org



Confidential, anonymous and free support information and signposting to people anywhere in the UK.

Call: **0800 58 58 58** –

open 7 days a week, 5pm to midnight. Calls are free from UK mobiles and landlines



Frontline19

Sign up here: www.frontline19.com/contact/

Email: contact@frontline19.com



Project 5

Website: www.project5.org

Email: support@project5.org



Duty to Care

Register to access to the free services:

www.dutytocare.info/#nhs-workers

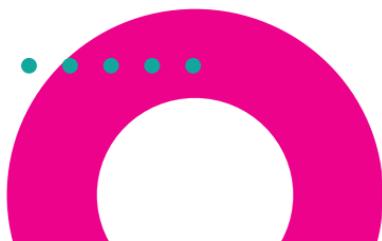


I am concerned about
someone self-harming –
what can I do?

In some situations there are clear signs that somebody is self-harming, at other times it can be harder to tell. If you think someone you care for is harming themselves, we encourage you to reach out to them.

It's not always an easy conversation to have – but we recommend:

- > **Asking** sensitively and directly if they have been harming themselves.
- > **Managing** your reactions and remaining calm.
- > **Exploring** the reasons behind their self-harm.
- > **Listening** to their explanation.
- > **Trying** to understand what's happening from their point of view.
- > **Avoiding** taking control of the situation.
- > **Encouraging** them to seek support.



I am someone who
uses self-harm –
what can I do?

The more you understand your own self-harm, the more you can feel in control and hopefully less distressed. Understanding why you self-harm may help you talk about it with others too. There are steps you can take to ensure that you are safe and supported.

Taking control of your self-harm can be really challenging – but we suggest:

- > **Considering** what self-harm does for you and the role of it in your life.
- > **Looking** for patterns in your self-harm and keeping a diary.
- > **Exploring** possible alternative coping mechanisms and distraction techniques.
- > **Caring** for your injuries by accessing medical attention when needed and keeping a first-aid kit.
- > **Reaching** out to someone you trust and talking things through.
- > **Getting** some professional support in place by talking to your GP, a helpline or a young person's counselling service.



Introduction – bereavement

The Laura Hyde Foundation provide mental health support for all healthcare and emergency services personnel.

The people we support often experience regular traumatic experiences due to the job they perform. Part of this duty is experiencing death on a far more frequent basis than the average person.

When someone you love, care for or are impacted by dies – it can be completely devastating. Everyone will be affected by bereavement at some point in their life and it can be an incredibly tough and overwhelming time.

Reach out for help. With support, things can get better and LHF are here to help you.

Where can I get help from?

Bereavement can be incredibly painful and difficult to go through. While the pain from a bereavement is totally natural and understandable, it is not always easy to live with. There are lots of different services and options if you want to talk to someone about loss and bereavement.

While being bereaved and experiencing grief isn't an illness, your GP might be able to offer you some help.

You don't need to see your doctor to access help as there are lots of different services that offer help.

The list on the following page outlines some different services that are available for you.



Further treatment options

SAMARITANS

The Samaritans are a 24 hour confidential, listening service providing emotional support for anyone in crisis.

Call: **116 123**

Email: jo@samaritans.org



For children and adults who need emotional support, understanding, compassion & kindness.

Call: **0300 1020 505** – 4pm to midnight every day



PAPYRUS is the national charity dedicated to the prevention of young suicide.

Call: **0800 068 41 41** –

9am to midnight every day

Text: **07860 039 967**

Email: pat@papyrus-uk.org



Confidential, anonymous and free support information and signposting to people anywhere in the UK.

Call: **0800 58 58 58** –

open 7 days a week, 5pm to midnight. Calls are free from UK mobiles and landlines

Frontline19

Frontline19

Sign up here: www.frontline19.com/contact/

Email: contact@frontline19.com

Project5

Project 5

Website: www.project5.org

Email: support@project5.org

Duty to Care

Duty to Care

Register to access to the free services:

www.dutytocare.info/#nhs-workers



Cruse Bereavement Care

Call: **0808 808 1677** Mon to Fri – 9.30am to 5pm |

Tues, Weds and Thurs – 9.30am to 8pm | Weekends – 10am to 2pm



Child Death Helpline

Call: **0800 282 986** Mon to Sun – 19:00 to 22:00 |

Mon, Thurs and Fri – 10:00 to 13:00 | Tues and Wed – 10:00 to 16:00

How does/should it feel when I lose somebody?

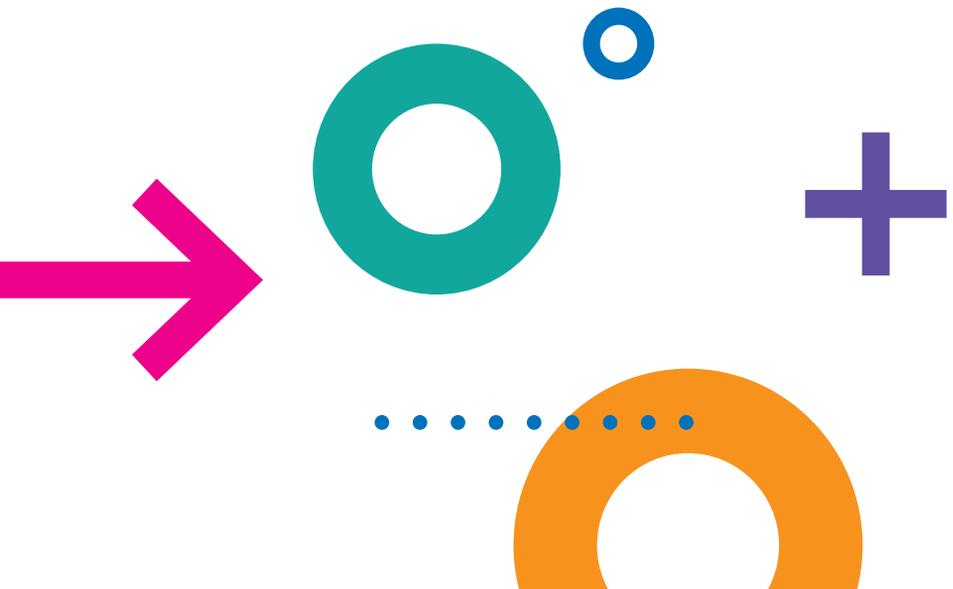
There is no right or wrong way to feel when someone you love, care for or are impacted by dies. You may have good days as well as bad days. There's no set time frame for grief – it is a lifelong process.

Your emotions might be quite powerful and overwhelming sometimes and yet, at other times, you may feel distant or numb.

Common feelings associated with bereavement can be shock, fear, overwhelming sadness, anger, numbness, guilt or even relief – especially if you've seen a loved one suffer for a period of time. All of these feelings are understandable and normal reactions.

Some bereavement and loss experts suggest that there are four stages of grief: accepting your loss is real, experiencing the pain of grief, adjusting to life without your loved one and, in time, putting less energy and time into grief and more into another aspect of your life. You may well experience all of these things at some point but not necessarily in a specific order.

Grief can leave you feeling all over the place. In time though, these feelings can become less intense.



What can I do to help myself?

- > **Sit with the pain.** After a significant loss, the pain can seem unbearable. Especially at first. We may feel like we're not coping, or that things will never get better. It's really important to allow ourselves to experience the pain, so that we can heal from it. Grief can often be thought of as part of a restorative or healing process. By pushing the pain away, and not allowing ourselves to confront it, we can experience it again at a later time.

By using support and acknowledging that things may take time to feel okay again you will be better able to cope with a loss, and less likely to develop unhealthy coping strategies that may put you at risk.

- > **Let it out.** It's important to be able to express what we really feel. It's okay to not feel okay – and it's okay to cry. Being able to release your emotions and allow yourself to genuinely feel what you feel can help in the long and short term.
- > **Reach out for help.** There's a popular saying that goes: "a problem shared is a problem halved". This idea is relevant when it comes to loss – reaching out to people who are compassionate and empathic can be truly healing.
- > **Don't blame yourself.** Often, after experiencing a bereavement, some people reflect on what happened to cause this or what went wrong. This reflection can sometimes lead to feelings of guilt and can impact your self-esteem. It is important not to get consumed by this guilt, to remember that death is a natural part of life and that one individual cannot take full responsibility for what has happened.
- > **Give it time.** Bereavement can be like a rollercoaster. It's going to take time for things feel different. How long will depend on many things – most importantly the significance of the loss to you, not other people. Life might not be the same as before – you may experience other losses related to the bereavement – but time will make a difference. We may also need to take time to reflect, to appreciate what has changed.
- > **Look after yourself.** Take time to be kind to yourself. Take time off work if you need to or have a break. Engage in an activity that you enjoy; something that feels do-able and manageable. If you need to talk about the person who's died – that is okay and sometimes it's really important to. You may notice things feel harder on the anniversary of someone's death or perhaps on the birthday of the person who has died. If something like this is coming up and it's making you feel vulnerable, plan ahead and take time to look after yourself.

Introduction – coping with exams

The Laura Hyde Foundation provide mental health support for all healthcare and emergency services personnel. This support also includes all active medical students ensuring that our future medical generation our supported.

For most people, exams are stressful. Whether you are worrying about your workload, anxious about performing or fearful about the future, it's not unusual to feel this way.

Stress can lead to trouble sleeping, a loss of appetite and can also affect our mood causing us to feel irritable, unhappy and even hopeless.

You may hear people say, 'it's not the end of the world' but for some people it can certainly feel like it is.

Reach out for help. With support things can get better and LHF are here to help you.

Coping with suicidal thoughts

For some students the pressure surrounding exams and expectations can feel overwhelming and can sometimes include thoughts of suicide.

We urge anyone with thoughts of suicide to reach out for help.

With the right support young people can stay safe from suicide and start to feel hopeful about the future.

If you are somebody who is having thoughts of suicide – or you are concerned about a someone who may be suicidal – then please use one of the following support options for practical advice and support.



Further treatment options



The Samaritans are a 24 hour confidential, listening service providing emotional support for anyone in crisis.

Call: **116 123**

Email: jo@samaritans.org



For children and adults who need emotional support, understanding, compassion & kindness.

Call: **0300 1020 505** – 4pm to midnight every day



PAPYRUS
PREVENTION OF YOUNG SUICIDE

PAPYRUS is the national charity dedicated to the prevention of young suicide.

Call: **0800 068 41 41** –

9am to midnight every day

Text: **07860 039 967**

Email: pat@papyrus-uk.org



Confidential, anonymous and free support information and signposting to people anywhere in the UK.

Call: **0800 58 58 58** – open 7 days a week, 5pm to midnight. Calls are free from UK mobiles and landlines



If U Care Share

Call: **0191 387 5661** Monday to Friday – 9am to 5pm



Nightline

Go to: www.nightline.ac.uk/want-to-talk/



Before exams

“What can I do to reduce stress before exams begin?”

- > **Organise** your workload. Prepare for your exams by setting yourself realistic targets to work towards and finding a revision style that suits you.
- > **Pace** yourself. Give yourself plenty of time and revise in short bursts. Remember to take regular breaks between study sessions.
- > **Talk** with family, friends, tutors or teachers – share your worries with anyone that you find supportive.
- > **Recharge** by drinking water and fuelling your body with healthy food. Exercise can also help to release some of that extra exam tension.
- > **Rest.** Make sure you are getting enough sleep and spending time relaxing. Try breathing techniques and practice mindfulness to keep calm and refreshed.
- > **Socialise** with friends. Remember that you have a life outside of studying. Allow yourself some time out with others to have some fun.

After exams

“What will I do if I don’t get the results I was hoping for?”

- > **Reflect.** ‘Failing’ exams does not make you a failure. You may have to take a different route to achieve your goals but setbacks can increase resilience and lead to unexpected and exciting opportunities. Take time to experience your emotions instead of making a snap decision.
- > **Explore** other options. Resitting an exam, repeating a year, appealing a grade, entering clearing, taking a gap year or considering different courses, careers, apprenticeships and internships are just some of the options available to you.
- > **Ask** for some support. Discuss your disappointment with those around you. Consider who you can contact for more advice; a teacher or tutor, a careers advisor or service.
- > **Care** for yourself. Regardless of your results, you’ve worked really hard and this achievement should be rewarded. Practice self-care by planning something positive for results day.

Who are the Laura Hyde Foundation?

The Laura Hyde Foundation are a leading UK charity setup following a tragic suicide. Laura Hyde, a royal naval nurse and aged just 27 died by suicide in August 2016 following significant mental health issues.

Laura's family were determined to ensure that no one else should ever experience what Laura went through and thus in 2017, the Laura Hyde Foundation was born. Using Laura's experience to deliver an authentic and unrivalled position on the topic of mental health in our emergency services, they are here to care for those who care about us.

They were setup to:

- > Remove stigma on mental health across all emergency services.
- > Offer their best-in-class support services free of charge and without barriers.
- > Deliver cultural and institutional change across all of our emergency services to ensure long term benefits.
- > Provide data driven evidence and insights on the root causes and most impactful support services.

Laura's legacy will live on and ensure that
no-one has to suffer in silence.

Lets end the silence on suicide together
and deliver the change required.

Find out more at laurahydefoundation.org



My safety plan

My name: _____

My reasons for living/hope are: For example, people, pets, hobbies, special interests, hopes and beliefs.

What are my warning signs that I'm heading for a suicidal/mental health crisis?

For example, thoughts, behaviours or situations - Isolating myself, arguing with a loved one, feelings of hopelessness, sleeping excessively or being unable to sleep.

What works to help me cope with how I feel? For example, distraction or relaxation – exercise, watching TV/ YouTube, breathing exercise.

Which people and places help to distract me from the way I feel? For example, friend (name and phone number), library, coffee shop, park: be specific about what and where.

Who can help me when I feel I'm in a crisis? For example, if I was to say how I feel, who would I want to help – mum/partner/friend: be specific and add numbers.

How can I make my environment safer? For example, give my medication/tablets to a friend for safekeeping, remove things I might use to harm myself from my home.

What will help me get through right now? For example, photo of special person/pet/ place, breathing exercise, remind myself my intense feelings won't last.

Useful contacts for me (tick the box next to the ones most suitable)

Medical Emergency: This is for when someone is seriously ill or injured and their life is at risk. **t: 999**

NHS helpline: This is for when you need medical help fast but it's not an emergency. **t: 111 24/7**

NHS Mental health response line: For support and advice. Call free any time, day or night if you are worried about your own or someone else's mental health. Open 24/7 . **t: 0800 038 5300** (free) 24 hours a day

Samaritans: Emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. **t: 116 123 24** hours a day **e: jo@samaritans.org** Shout: 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. **Text: 85258**

CALM Campaign Against Living Miserably: For men who are down or who need to talk, find information and support. **t: 0800 58 58 58** 5pm - midnight every day or webchat at www.thecalmzone.net

My GP phone number: _____

Other key numbers: _____

If I am concerned about how I feel, I will keep myself safe by: _____

laurahydefoundation.org

#caringforthosewhocareaboutus

Registered charity number 1190944

 [LauraHydeFoundation](https://www.facebook.com/LauraHydeFoundation)

 [thelaurahydefoundation](https://www.instagram.com/thelaurahydefoundation)

 [LhFoundation](https://twitter.com/LhFoundation)

 [justgiving.com/laurahydefdn](https://www.justgiving.com/laurahydefdn)

 thelaurahydefoundation@gmail.com

Proud member of the National
Suicide Prevention Alliance



National
Suicide Prevention
Alliance