

## FACTS

More than 2 people per day die from suicide in Scotland

Almost 3 out of 4 suicides are by men

Suicide is the single biggest killer of Scottish young men aged between 18 and 25

In Scotland, in 2005, there were 763 deaths confirmed as, or suspected to be, suicides

If detected early suicide can be prevented

Suicide can affect anyone, irrespective of age, gender, culture or background

## Contact Us At:

29 Townsend Place Kirkcaldy Fife KY1 1HB 01592 642336	2a Burnside North Cupar Fife KY15 4DG 01334 655205
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Email: [info@frasac.org.uk](mailto:info@frasac.org.uk)  
Website: [www.frasac.org.uk](http://www.frasac.org.uk)

## Opening Times:

Monday to Friday 9am – 5pm

## Other Useful Numbers:

Rape Crisis Helpline:  
Freephone 08088 01 03 02  
(6pm-midnight daily)  
[www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk)

Samaritans: 08457 90 90 90  
[www.samaritans.org](http://www.samaritans.org)

Breathing Space: 0800 83 85 87  
(open 6pm—2am)



## SUICIDE

CONCERNED ABOUT SOMEONE?

ARE YOU FEELING SUICIDAL?

MYTHS AND FACTS EXPLAINED

## SOME COMMON BELIEFS

### **If someone is going to take their own life, there is nothing you can do**

**FACT:** Many survivors who are feeling suicidal may well be undecided about dying. Appropriate support can reduce the risk. It may just be that they are finding it extremely difficult to cope with very strong and difficult emotions and suicide seems the only option. However, if someone is making an informed choice about suicide, you need to respect this.

### **Talking about suicide or asking someone if they feel suicidal will encourage attempts**

**FACT:** Seriously talking about suicide does not create or increase risk; it can help to reduce it. The best way to identify the possibility of suicide is to ask directly. Openly listening to and discussing someone's thoughts of suicide can be a source of relief for them and can be key to preventing the immediate danger of suicide.

### **People who talk about suicide never attempt or complete suicide**

**FACT:** People who talk about their suicidal thoughts do attempt suicide. Many people who complete suicide have told someone about their suicidal feelings in the weeks prior to their death. Listening and supporting a person in these circumstances can save lives.

### **People say that they are suicidal to get attention**

**FACT:** This is not necessarily the case. Suicidal feelings often come from intense feelings of hopelessness, desperation and despair. It is when people's feelings are ignored that these feelings can be reinforced.

### **When a person begins to feel better, the danger is over**

**FACT:** Often the risk of suicide can be greatest as depression lifts, or when a person appears to be calm after a period of turmoil. This can be because once a decision to attempt suicide is made, people may feel they have a solution, however desperate it may be.

## FEELING SUICIDAL

Suicidal feelings can be frightening. For many people feeling suicidal, there seems to be no other way out. You may feel overwhelmed by everything and this is often the hardest time to reach out for help. It's normal to have suicidal feelings if you are dealing with flashbacks or feelings such as anger, pain and guilt. But having suicidal feelings is very different from acting on them.

Suicidal feelings can be very traumatic, but they will pass. It is important to remember to continue caring for yourself once these feelings have passed.

Healing may stir up old feelings and emotions.

Your self-esteem may plummet and you may think to yourself, "Who'd want to listen to me?", "Who'd want to help me?" and "What's the point?".

When you are in crisis, it's crucial to reach out to someone, ask for help and get support.

## COPING IN A CRISIS

Make a list of all the names and numbers of the people who are supportive of you, along with other useful numbers such as The Samaritans and Breathing Space. This can give you an easy reference guide the next time you need to call someone. Sometimes leaving a message for a friend, or hearing a friendly voice can help keep you going.

You may be struggling with anxiety and panic attacks, but by learning to recognise the signals of an impending attack, you may sometimes be able to head off a full-blown attack.

If you find yourself in the midst of a full-blown attack, you need a plan for coping with the increasing terror.

What would help calm you down? A warm bath, going for a walk, listening to your favourite music? Keep your list as simple and effective as possible.

If you are worried that you can't control your suicidal feelings, take the time **now** to create a plan for living.