



Your

Wellbeing

Issue nine 2021

Breaking the stigma around suicide.

In this issue

Suicide shouldn't be brushed under the carpet. If you, or a loved one, are struggling with poor mental health, seek help before it goes too far. It's okay to not be okay – and you're certainly not alone.

World Suicide Prevention day is 10 September, so this month we want to make it clear that help is available for anyone who feels they have nowhere to turn.

For more information visit bupa.co.uk/your-wellbeing



Many people think about suicide at some point in their lifetime, but not everyone seeks the support they need. Suicide is on the rise in the UK, and one of the biggest causes of death among men under the age of 50.

Suicidal thoughts can build over time or may change from one moment to the next. Some people with suicidal thoughts may think their loved ones will be better off without them or think about ending their life. They may be overwhelmed by feelings of hopelessness, worthlessness or depression and believe they'll never be happy again.

They may even look into ways to take their own life or make clear plans.

But no one has to struggle on their own. With the right treatment and support, most people who have felt suicidal go on to live fulfilling lives.

Signs you're struggling

If you're struggling with your mental health, you may not realise it at first. You may just find it hard to cope with everyday life. Or you may recognise you have suicidal thoughts but not know what to do about them. The earlier you let someone know how you're feeling, the quicker you'll be able to deal with it.

Everyone's different, but you may:

- feel restless and agitated
- feel very tired all the time
- find it hard to sleep
- want to cry all the time
- not feel hungry, or binge on food instead
- not want to look after yourself
- find it hard to concentrate or think clearly
- use alcohol, smoking or drugs to try to make yourself feel better
- not want to do things you usually enjoy
- avoid talking to other people
- have an urge to hurt yourself



If you need help now

Don't wait – get help straight away if you or someone else needs it.

Samaritans

Samaritans is available 24 hours a day, seven days a week, all year round.

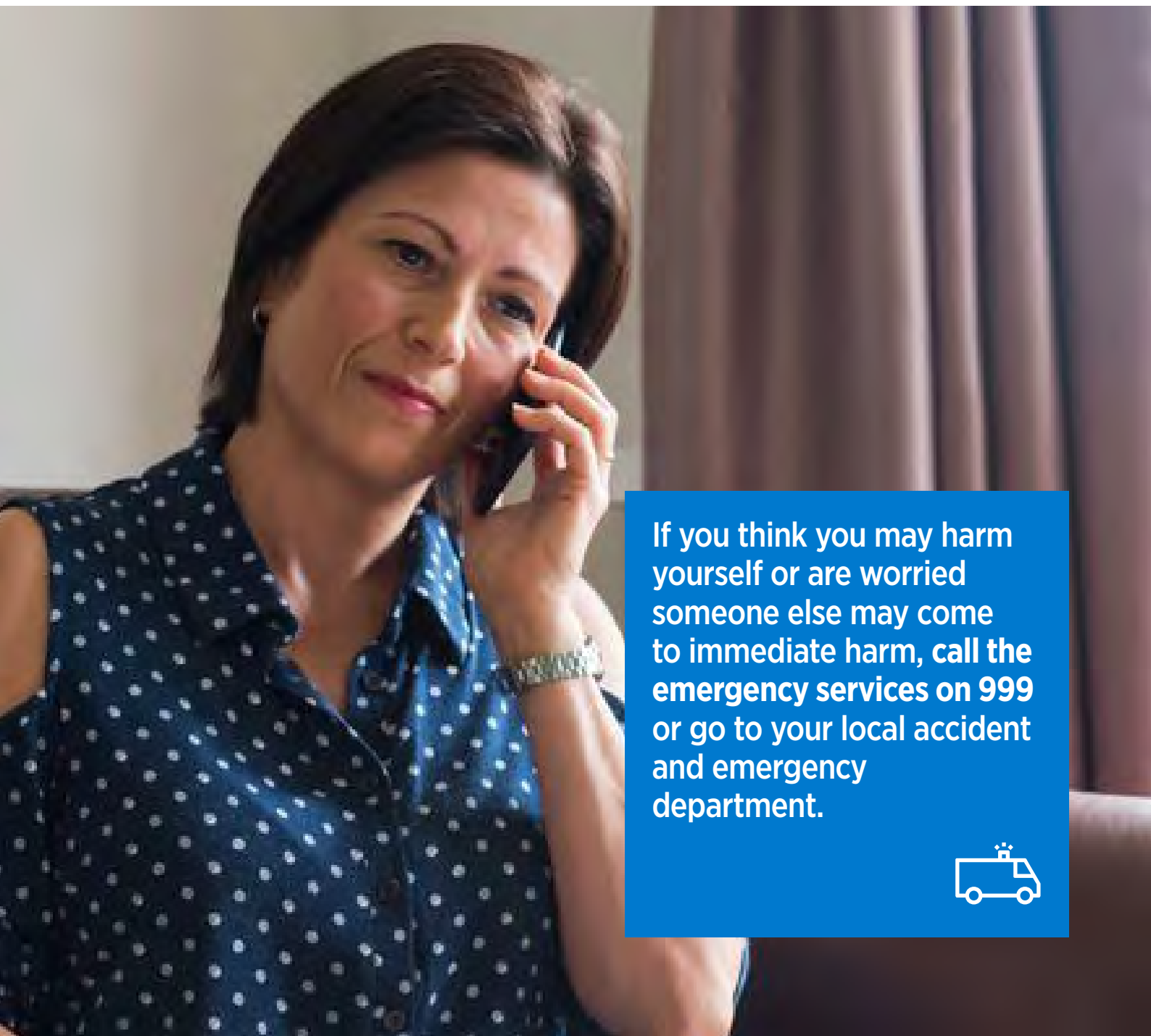
Call its free helpline on **116 123** (UK and ROI) to talk to someone.

NHS

NHS Services has a list of where to get urgent help for mental health.

Mind

On the **Mind website**, click on the 'Get help now' button at the top left of the page. This tool is designed to help you understand what's happening to you and how you can help yourself.



If you think you may harm yourself or are worried someone else may come to immediate harm, call the emergency services on 999 or go to your local accident and emergency department.



Help yourself

If you're finding it hard to cope during tough times, there are lots of things you can do to help improve your mental health. Everyone's different so you need to find what works for you.



Make time for yourself and find ways to relax.



Spend time with people you love.



Talk about your problems with people you trust.



Distract yourself by doing things you enjoy.



Eat healthy foods, get plenty of sleep and exercise regularly.



Don't resort to alcohol or drugs.



Use relaxation exercises and breathing exercises.



Find a local counsellor – or ask your GP to refer you.



Concentrate on getting through one day at a time, rather than thinking about the future.



If you're worried about someone else

If someone tells you they're having suicidal thoughts, always take them seriously. You don't have to be able to solve their problems. But, if you feel you can, offer support and encourage them to talk about how they're feeling.

Evidence shows that asking someone if they're suicidal can help to protect them. Doing this will hopefully prompt them to tell you how they feel.

You can ask Samaritans to call them directly to see if they want to talk to someone they don't know.

Reaching out to someone, and talking to them, can 'burst the bubble' if they're close to the point of suicide. It can make them feel safe, connected and worthy.

It's important to bear in mind that looking after someone who's struggling with suicidal thoughts and feelings is hard. It's important to look after yourself too.



Call 116 123



You can ask Samaritans to call someone you're worried about directly to see if they want to talk to someone they don't know.

Hear from our experts



Bianca Clarke
Cognitive Behavioural Therapist at Bupa

“It can be difficult to recognise if somebody is feeling suicidal, as they may not want other people to be aware of their plans. However, there are a few things that we might pick up on that may alert us that the person is thinking of ending their life. It may be that they have started to give away their possessions or get their affairs in order. They may be saying goodbye to

people they love. Their mood might shift from being very distressed to all of a sudden very calm. They might make plans to get hold of the tools to act on the intention of suicide. If you notice these things in somebody, just ask and open up a conversation about it. This may feel uncomfortable, but you never know – you may just save a life.”



Laura Oates
Cognitive Behavioural Therapist at Bupa

“Suicidal thoughts are common, but most people tend not to share them. Sometimes, it may seem that suicide is a good way to get away from something or the only route out of a situation that seems hopeless. Suicidal people are experiencing a great deal of pain. They may feel very isolated and ashamed of these feelings.

If you feel suicidal, make a deal with yourself not to act immediately. Remember, difficult feelings come and go, while suicide is a permanent

solution to a temporary problem. Talking can reduce the pain. Keep yourself away from risky items and situations and contact someone. If you feel you’re in imminent danger, call 999 or go to your nearest A&E. If you feel someone you know could be feeling suicidal, pluck up your courage and ask them if they’re thinking about ending their life. The fact that you can talk about it may allow them to do the same and make all the difference.”

Mental health support

If you're struggling with your mental health, you can access lots of support by phone or online.

Are you a Bupa member?

You've got exclusive access to these services



Call **0808 231 6173[^]** to speak to our mental health support team.

If you're concerned about the mental health of any child, you can call **0345 2667 938^{^^}** for support from our Family Mental HealthLine.



We also have a range of online mental health wellness and support services available from SilverCloud. Login to your Bupa Touch account at **bupa.co.uk/touchdashboard** and use the SilverCloud option to review the support available.

Samaritans

Call Samaritans for free on **116 123** or email **jo@samaritans.org**

CALM

Campaign Against Living Miserably has a helpline (5pm - midnight) and webchat to support men.

Call **0800 58 58 58**

Mental Health Foundation

Mental Health Foundation is a mental health charity that helps people deal with their mental health problems.

Mind

Mind is a mental health charity with a mission to make sure no one has to face a mental health problem alone.

Call **0300 123 3393**



[^]Lines are open Monday to Friday 8am to 8pm and Saturday 9am to 12:30pm. We may record or monitor our calls.

^{^^}Telephone support between 8am to 6pm Monday to Friday via a dedicated helpline.

Calls may be recorded to maintain the quality of our service.

Bupa health trusts are administered by:

Bupa Insurance Services Limited. Registered in England and Wales No. 3829851.

Registered office: 1 Angel Court, London EC2R 7HJ

Bupa health insurance is provided by:

Bupa Insurance Limited. Registered in England and Wales No. 3956433. Bupa Insurance Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority.

Arranged and administered by:

Bupa Insurance Services Limited, which is authorised and regulated by the Financial Conduct Authority. Registered in England and Wales No. 3829851.

Registered office: 1 Angel Court, London EC2R 7HJ

© Bupa 2021

**[bupa.co.uk/
your-wellbeing](https://bupa.co.uk/your-wellbeing)**