

## Emergency/Crisis Numbers

### SAMARITANS EMOTIONAL SUPPORT SERVICE

Freephone **116 123** or email [jo@samaritans.ie](mailto:jo@samaritans.ie)

### PIETA

Free therapeutic support for those in suicidal distress or those who engage in self harm [www.pieta.ie](http://www.pieta.ie)  
Call Free **1800 247 247** (24/7) | Text **HELP** to **51444**

### WOMEN'S AID

Support for women and children experiencing domestic abuse and violence  
Call Free **1800 341 900** (24/7) | [www.womensaid.ie](http://www.womensaid.ie)

### AWARE HELPLINE

Listening service, support and information for those experiencing depression or bipolar disorder or those concerned about family and friends.  
Call Free **1800 804 848** (10am-10pm) | [www.aware.ie](http://www.aware.ie)

### SEXUAL VIOLENCE HELPLINE

For men and women – experiencing sexual violence  
Call Free **1800 778 888**

### CHILDLINE

Confidential phone and text support for children and young people up to 18yrs  
Call Free **1800 666 666** Free (24/7) Text **Talk** to **50101** (Free) 10am-4am | [www.childline.ie](http://www.childline.ie)

### TEENLINE

Confidential line for teenagers  
Call Free **1800 833 634** Free (24/7) | [www.teenline.ie](http://www.teenline.ie)

### JIGSAW DONEGAL

Free youth mental health support service 12-25yrs  
Call **(074) 9726920** | email [donegal@jigsaw.ie](mailto:donegal@jigsaw.ie)

### LGBT IRELAND

National support service for Lesbian, Gay, Bisexual and Transgender people and their families and friends  
Call **1800 929 539** | email [info@lgbt.ie](mailto:info@lgbt.ie)

### SUICIDE BEREAVEMENT LIAISON OFFICER

Practical help, advice and support to persons bereaved by suicide. Call **(087) 911 5498**

### PARENT LINE

Call **01 8733500**  
Monday to Thursday 10am to 9pm and Fridays 10am to 4pm

## Emergency/Crisis Numbers

In an emergency case where you fear that you are not in control of your actions and are contemplating taking your own life and/or where you cannot access your GP as quickly as you need to -

Present yourself to the Emergency Dept. of Letterkenny University Hospital or any Emergency Department.

**There is an on call Mental Health Doctor on duty 24 hours a day, 7 days a week.**

### EMERGENCY SERVICES

AMBULANCE | FIRE | GARDAÍ  
Emergency Support - Call **112** or **999**

### LETTERKENNY UNIVERSITY HOSPITAL

Emergency Department  
Call **(074) 9123595**

### NOWDOC - GP OUT OF HOURS SERVICES

Urgent Out of Hours GP Care  
*This service is available after 6.00pm*  
Call **1850 400 911**

# Are you feeling suicidal?

Information on support for people who are feeling suicidal



*Produced by*  
**DONEGAL MENTAL HEALTH**  
**Suicide Crisis Assessment**  
**Nurse Service (SCAN)**



*Supported by*  
**Connecting for Life Donegal**

## You are *not* alone.

Many people have suicidal thoughts at some stage in their lives. Feeling suicidal means that you are experiencing more pain than you may feel that you can cope with right now. People with suicidal thoughts may feel overwhelmed and it is common to believe that their family and loved ones would be better off without them.

### THIS IS NOT TRUE.

With time and support, situations do change, problems can be overcome and suicidal thoughts and feelings can pass. Stress, depression and other disorders can be treated.

No matter what your situation, there are people who need you, places where you can make a difference and experiences that can remind you that life is worth living.

## Reach out for *help*.

It takes courage to ask for help.

Solutions other than suicide do exist. The support of another person can help you through this difficult time and enable you to see alternative solutions.

## Are you thinking about suicide? **HELP IS AVAILABLE.** You are *not* alone.

### > Don't keep Suicidal Thoughts to Yourself

Know that you are not alone and that help is available. Talk to someone you trust or contact your G.P.

*(See Emergency Crisis Numbers in this leaflet)*

> **Don't give up.** Do not let fear, shame, guilt or embarrassment stop you from accessing help. We all struggle with our mental health at times. If the first person you reach out to does not help, please talk to someone else.

Talking about suicidal thoughts can help us find relief and can help to ease the burden. This is the first step in overcoming our difficulties.

> **Don't use Alcohol & other Drugs** - Use of alcohol & other drugs can increase suicidal thoughts.

> **Do make your Home Safe** - Remove items that may put you at risk of hurting yourself or go to a place where you feel safe.

> **Do take Hope** - People have been where you are now and have come through it. With support you will too.

## THERE IS HOPE.

Talking about your suicidal thoughts with another person can be difficult. It can feel awkward expressing suicidal thoughts and difficult to explain using words.

> Tell the person exactly what you are thinking.

> Name it - "I feel suicidal"

> If it is too difficult to say out loud, write it down and stay with the person while they read it.

Some people have found that talking about their difficulties with someone who understands has been enough to ease the crisis.

Your GP is your first point of contact if you are having suicidal thoughts. Your GP has access to the **SUICIDE CRISIS ASSESSMENT NURSES (SCAN)** who can come and speak to you in your local GP surgery about your suicidal thoughts and offer support and a plan to help you through the crisis. This plan could include referral to suitable counselling services, medication therapy or referral to specialised Mental Health Services. You will be involved and agree upon your own specific plan in conjunction with your GP.

The **SCAN** Nurse Service operates Mon to Friday (9am-5pm) in conjunction with the GP service.

