



## If you have been thinking of ending your life or have already tried to then this leaflet may help you on the road to getting help and feeling better.

Suicide has been described as a “permanent solution to a temporary problem”. Sadly a lot of people feel suicidal at some time in their lives and feel that life is not worth living. This can affect people of all ages and backgrounds and can be a very frightening and lonely place to be.

### Why do I feel like this?

It is very hard to know what causes people to feel suicidal but it can be because you are very worried about something or that something really difficult has happened in your life including:

- Relationship/family problems
- Being bullied or hurt by someone
- Mental health issues for example depression
- The death of someone close to you including knowing someone who has died through suicide
- Issues around sexuality
- Drug or alcohol problems
- School/work problems
- Or it can be due to many other reasons or a combination of different problems.

You may feel hopeless about your future, feel that no-one cares or that people would be better off without you. It may be very hard to think clearly if you are feeling suicidal. Many people who attempt suicide do not want to die but want to find a way out of their pain and despair.

### Who can help?

There are lots of people and organisations who can help you if you are feeling very low and / or suicidal which include your GP, social worker, youth worker, teacher, family member, parent or friend.

**If you feel suicidal you should see your doctor as soon as possible so that you can get the right kind of help.** The doctor may suggest that you go for counselling and / or give you medication.

**You can also contact a 24 hour helpline such as:**

**Samaritans  
Lifeline**

**08457 909090  
0808 808 8000**

You do not have to feel suicidal to ring these numbers. You can ring to talk to someone who will listen so that you are not on your own.

**New Life Counselling** can help by offering counselling and group work to children, young people, adults and also family therapy.

If you are feeling suicidal we will offer you a counselling appointment as soon as possible. If you need help outside of office hours please contact one of the 24 hour helplines on this leaflet.





### So what can I do about it?

#### As soon as you start to feel low ask for help.

- Talk to someone you trust such as friends and family members
- Talk things over with a counsellor
- Drugs and alcohol misuse may make your depression and suicidal feelings worse so it is important to seek help.

#### Remember everyone needs help at sometime and it's OK to ask for help.

### Where to get help?

It is important to seek help from your GP and you can contact New Life Counselling for counselling support.

### How could counselling help me?

Counselling can provide you with the opportunity to talk on a one to one basis with a professionally trained counsellor.

### What can I expect?

- What I talk about will be respected and treated in confidence.
- I won't be judged
- I can be myself
- I will be listened to
- My side of the story will be heard
- To learn new ways of coping

### How do I get Counselling?

You can either contact us yourself and we will arrange to meet with you or someone else can contact us on your behalf. This may be your GP, social worker or another person who is concerned about you.

If you are interested in finding out about us you can contact us directly or visit [www.newlifecounselling.net](http://www.newlifecounselling.net) for more information and where you can fill in our online referral form. We will then be in touch to set up an initial appointment which will be as soon as possible.

## "we're listening"

### Contact Details

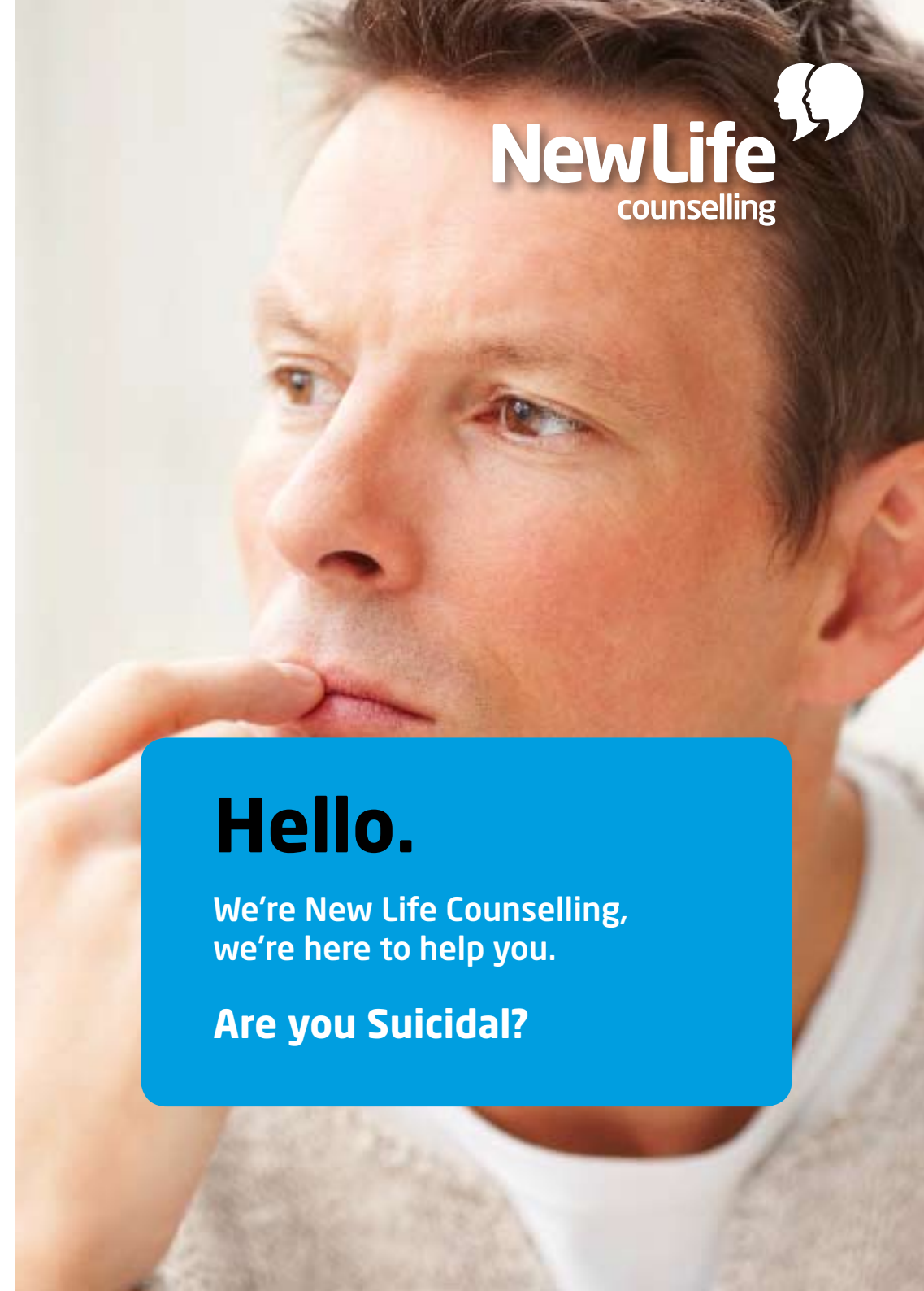
For further information or to make a referral, please contact:

25 Ardoyne Road Belfast BT14 7HX  
**Tel: 028 9039 1630**

Unit 20 North City Business Centre  
2 Duncairn Gardens Belfast BT15 2GG  
**Tel: 028 9074 6184**



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# Hello.

We're New Life Counselling,  
we're here to help you.

**Are you Suicidal?**