

WORLD SUICIDE PREVENTION DAY 2023

LOOKING AFTER YOUR MENTAL HEALTH

We can all take steps to improve and maintain our own mental health.

Self-care is a skill that needs to be practised. It isn't easy, especially if we feel anxious, depressed, or low in self-esteem.

Talk about your feelings.

Talking about your feelings is part of taking charge of your wellbeing and doing what you can to stay healthy.

Communicate in a way you're comfortable. If you can't speak face to face, try talking on a video or phone call. It's also an option to write your feelings down in a letter, email or through an online chat forum.

Remember there are always people there who will be happy to talk, be it a partner, friends or family. Your colleagues are also there to listen, as is your line manager or one of the Flannery Mental Health First Aiders.

Here are a list of our tips and tricks for keeping your mind healthy:



1. Keep active
2. Eat well
3. Drink Sensibly
4. Keep in touch
5. Ask for help
6. Take a break
7. Do something you're good at and enjoy



FLANNERY MENTAL HEALTH FIRST AIDERS

Please feel free to get in touch with any of the below Mental Health First Aiders should you feel like you need to talk - they are ready and available to help when you need:



Paul Beard
07341 731 855



Chris Mayers
07384 548 716



Amalia Bercea
0208 900 9290
ext 168



Barry Gaffney
07760 754 212



Dave Burton
07917 916 668

Remember that we're always here to listen to your ideas on how to keep everybody safe on site and in the depots. Share your thoughts now through observation cards, available at each depot.



You are not alone.

**There is always
someone you can
talk to:**



Call the Samaritans: 116 123

Text "BEAMATE" to 85258

Speak to your colleague:

**Flannery
Mental Health
First Aiders**

**Mates
in Mind**

**Be a mate
Be the change**

Find out more



www.matesinmind.org

Little tips

for helping someone open up when something's up

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If someone is feeling suicidal, it might be hard to get through to them.

They might be distant or distracted or feel disconnected from the world and their own emotions. Asking someone if they're having suicidal thoughts can give them permission to tell you how they feel.

You don't have to be an expert to help someone open up. The fact that you care is what matters.

1 How to spot when something might be up

Signs to look out for:

- Not wanting to do things they usually enjoy.
- Finding everyday things overwhelming.
- Not replying to messages, or being distant.
- Avoiding people or seeming quiet.
- Appearing restless or agitated.
- Easily tearful.
- Drinking or using drugs to cope with feelings.

2 How to open up a conversation

Showing you care builds trust to open up:

- Choose a good time, and somewhere without distractions.
- Use open questions that need more than a yes/no answer.
- 'How are things? I've noticed you don't seem quite yourself.'
- Listen well. 'How's that making you feel?'
- Avoid giving your view of what's wrong, or what they should do.

3 Asking about suicidal thoughts

It's OK to ask. You could try:

- Have you thought about ending your life?
- Are you saying that you want to die?
- Are you thinking of ending your life because you want to be dead, or is it because you want the situation you're in or the way you feel to stop?

It's normal to feel anxious about asking, but it could save someone's life. Remember, just being there to listen and showing you care can help.

4 How to help someone get more help

If it feels like the person is really struggling to cope:

- 'Would you like to get some help?'
- 'Have you talked to your GP?'
- 'Would you like me to come with you?'
- 'You can call or email Samaritans for free, day or night.'
- 'If it helps, you can talk to me any time.'
- If you think it's an emergency or someone has tried to harm themselves – call 999.

For more information go to [samaritans.org/supportsomeone](https://www.samaritans.org/supportsomeone)

If supporting someone is affecting you, Samaritans are here to listen.

Call free day or night on

116 123