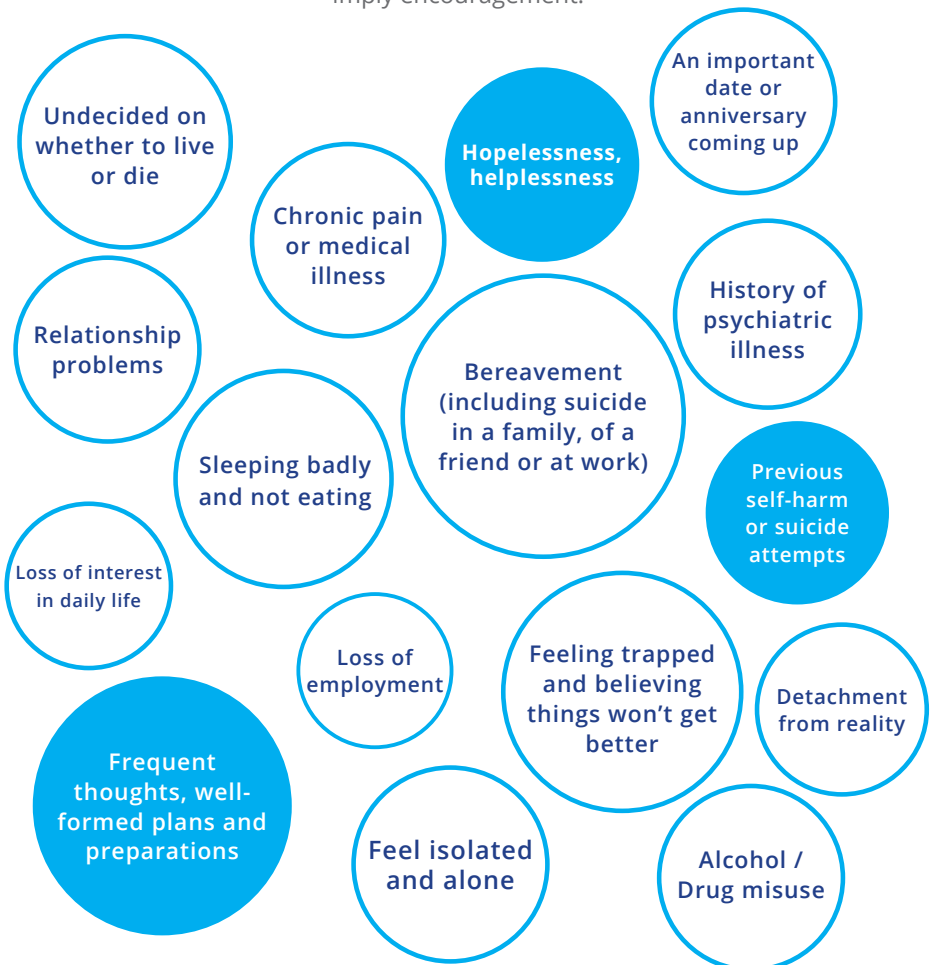


I AM  
REALLY NOT  
OKAY

Sometimes you've got to read between the lines.

# Recognise the signs

Don't be afraid to ask someone directly if they are thinking about taking their own life – **research has emphasised asking the question and listening with compassion is helpful.** It does not imply encouragement.



# Keeping Safe

## Warning signs

- Recognise **thoughts, moods, situation, and behaviour** before it triggers a crisis.
- Feeling **low, angry**; thinking that the **world is better off without them**; feeling like things are **never going to get better**.



## Protective factors

- What is **good** in their life? What do they **love**? What do they love to **do**? Who are supportive **influences** in their life? Carry a **picture** around of **friends and loved ones, including pets**.

## Coping strategies

- Things they can do to take their **minds off it**.
- Listen to **music**, go for a **walk or run**, look after a **pet**, walk a **friends dog**, write the feelings down, do something to **help someone, breathing or meditation**.
- Distraction through people, **speaking to someone they trust, ask for help**.

## Making the enviroment safe

- Do they have access to **medication, firearms**? Ask them to safely **lock away, or remove the items**.

## 5 ways to wellbeing

### 01. Connect

with someone, talk to someone you trust, build and develop connections with people and the community around you.

### 02. Be Active

Go for a walk, a bike ride, play a game – find a physical activity you enjoy that suits you.

### 03. Take Notice

Be aware of how you are feeling, & consider breathing or meditation techniques.

### 04. Keep Learning

keep busy and distract yourself so your mind is busy doing other things, build your confidence.

### 05. Give

Look out as well as in, create connections with the people around you



## Norfolk Support Services

Samaritans:  
**116 123**

Wellbeing Service:  
**0300 123 1503**

You are not alone (YANA)  
(support for the farming  
community):  
**0300 123 1503**

## Professionals

Multi Agency Safeguarding Hub  
(MASH) New safeguarding concerns:  
**0344 800 8020**

For specialist advice Duty Detective  
Sergeant:  
**01603 276151**

Ensure you speak to your manager  
and consider a safeguarding  
referral where appropriate.

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## Friends and family

Samaritans: **116 123**

Survivors of Bereavement by

Suicide (SOBS): **0300 111 5065**

Nelson's Journey - Supporting  
bereaved children and young people  
throughout Norfolk: **01603 431788**

## National support services

Samaritans: **116 123**

Childline: **0800 1111**

Campaign Against Living Miserably

(CALM) (support for men): **0800 58 58 58**

Silverline: **0800 4 70 80 90**

PAPYRUS: **0800 068 41 41**

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**If the danger is immediate, contact the  
emergency services at all times:**

**Emergency Services - Call 999**

(including British Transport Police)