

A mix of things going on in a person's life can lead them to consider suicide. These can be sociological, psychological and biological influences. Not everyone in these situations will go on to end their lives by suicide.

Changing family structures.

- Changing cultural values and religious practices;
- Issues around unemployment or employment;
- Debt and other financial difficulties
- Alcohol and substance abuse
- The availability of ways to die by suicide.

Mental health.

- Depression is very often associated with suicide
- How people think can affect their risk for suicide.

They may be more at risk if they:

- Have poor coping skills
- think too much in black and white or an 'all or nothing' way
- low self-esteem
- feel everything is hopeless
- are impulsive
- suffer from stress
- and have poor social supports.

There are also biological reasons that can put people at risk including genetics, and physical illness or injury.

The more risk factors someone has, the more they are at risk of dying from suicide yet there is plenty of different agencies etc out there ready and willing to help anyone at risk from suicide.

You Are Not Alone!

SOSAD Ireland is a charity based in Drogheda, Dundalk, Navan, Cavan and Carrickmacross with 5 main goals;

- To raise awareness of suicide in Ireland.
- To break the stigma surrounding suicide.
- To provide support and direction to those feeling depressed and/or suicidal.
- To provide support and direction to those who may know someone feeling suicidal.
- To provide support and direction for those bereaved by suicide.

SOSAD Ireland provides a range of supports to anyone who may be affected or concerned about suicide or depression. SOSAD have trained volunteers on call for emergencies 24 hours a day, 7 days a week for anyone who may be in distress and in need of professional help and support. We carry out suicide interventions, psychological assessments and offer free counselling to anyone who needs it.

SOSAD also has a range of supports available for anyone who has lost a loved one to suicide. Every volunteer in SOSAD is committed to providing the very best possible care and support to every client and we also do all we can to help their families cope through this difficult time.



Don't try to cope alone.



If you are feeling suicidal

www.sosadireland.ie

RESOURCES – all confidential

SOSAD Drogheda	041 9848754
SOSAD Navan	046 9031855
SOSAD Dundalk	042 9327311
SOSAD Cavan	049 4326339
SOSAD Carrickmacross	042 9668992

Suicide and suicidal thoughts are common to all groups in society. Suicide does not distinguish by means of age, gender, ethnicity or economic back-ground. It is an individual matter related to personal problems and IT IS POSSIBLE TO PREVENT IT.

Suicide is often a permanent solution to temporary problems. When a person is experiencing suicidal thoughts they may feel that their pain is too strong and that their problems will never get better so that death is the only realistic option left. But there is always another option, one that can help you through this time and it is to seek help. **Remember there is always hope.**

There are people who want to help you and are waiting to do so.

If you ever feel suicidal do not try to cope alone. Suicide can be prevented with the right help and support.

The first step is to reach out to a person for help. It can be a person close to you that you trust or a trained professional such as your doctor. Or a SOSAD volunteer.

The first contact, no matter how difficult it may seem, or how anxious it makes you, may well be the start of your recovery. Talking helps, the worst course of action is to keep feelings bottled up where they stay and can make the situation worse. You may be pleasantly surprised at the new options that open up when you share your feelings and thoughts with someone else.

There is always hope!

24 HOUR EMERGENCY SUPPORT

Tips to deal and manage suicidal thoughts

Sometimes the road to recovery can seem daunting but if we divide it into three steps it might make it seem more manageable.

1. Recognise how you are feeling and seek help

- Talk to someone about how you feel to help you through this difficult time.
- Take heed of the fact that you will find it difficult to concentrate and think clearly, so get someone who can help you with this.
- Seek professional help, ring SOSAD, your doctor or a counsellor today.

2. Remove the threat.

- Take any dangerous items from your home that you could potentially use in a suicide attempt.
- Choose a person you trust to give you your medication daily instead of having it all available to you at any time.
- Avoid places that present opportunities for suicide.

3. Day to day ways to help combat suicidal thoughts

- Try and surround yourself with positive influences such as family and friends that you enjoy being around.
- Avoid alcohol and non-prescription drugs as taking these substances make you more likely to act on impulse and do something you will later regret.

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- Set aside specific “me time” everyday. This is a time everyday that you take to do something just for you even if it is only ten minutes at the end of the day. It can be an activity that you enjoy; talking to friends or listening to music. It doesn't matter as long as it is something you find enjoyable. If you have a favourite interest, pastime or hobby, continue to stay involved. If you had a hobby that you used to enjoy, think about getting involved again or even taking up a new one.
- Try to keep your body healthy by eating a balanced diet and exercising daily.
- Try to get a good night's sleep and work towards regular sleep patterns.
- If you have a pet spend time with them every day.
- Planning for the future may seem a daunting task so set yourself small short term day to day goals that can be easily achieved. That way you can look back and take pride that you accomplished what you set out to do.

When your thoughts are becoming more and more depressing or suicidal, try to do something that distracts you, even for the short term.

There is always hope!

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