

TALK TO SOMEONE

You don't have to keep these feelings to yourself and it's OK to ask for help. There are people who can listen & help through these dark times.

REMEMBER THE GOOD THINGS IN YOUR LIFE

Spend some time thinking about your reasons for living. Try to keep a gratitude journal to remind yourself about the positive things in your life.
And be realistic!

KEEP YOURSELF SAFE

Remove any means of killing yourself, especially if you already have a plan in mind. It's OK to talk openly about this.

TRY FILLING OUT THE SAFETY PLAN

If I feel I cannot stay safe from suicide:

I will talk to:	
I will seek help from:	
I will calm myself by:	
I will go to a safe space:	
My ideas for keeping safe:	

BE AWARE: Alcohol and drugs can often make things worse. It might be tempting to try and numb your feelings but it may make you more likely to act on suicidal thoughts.

GET HELP: If you are feeling desperate and unsafe, make an urgent visit to a hospital, dial 112 tell them exactly how you are feeling.

REMEMBER: People DO get through this.
SO YOU CAN TOO!

If you or someone has seriously harmed themselves or might act on suicidal thoughts, seek emergency support and call:

Emergency	112
Dr. Burhan Nalbantoğlu Public Hospital	0392 22 85 441
University Doctor	Extension: 2905
Police	155
CIU Security	0548 858 95 34 Extension: 2936

CONTACT INFORMATION

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WORRIED ABOUT SOMEONE ?

You don't have to be a mental health professional to help someone who is feeling suicidal. Asking directly about suicide is the right thing to do if you are worried about someone.

Talking about suicide will not make them take action. In fact, it can be a huge relief to be asked the question in a direct way!

BE ALERT: Not everyone who thinks about suicide will tell someone about it, and there are some people who give no sign at all of their intention.

LOOK OUT FOR AND LEARN THE WARNING SIGNS

- Talking or writing about death, dying, or suicide.
- Actively looking for ways to kill themselves.
- Talking about feeling hopeless or of having no reason to live.
- Talking about being a burden to others.
- Talking about feeling trapped or there being no way out of a situation.
- Problems with alcohol or drugs.
- Suddenly being very much 'recovered' after a period of depression.
- Visiting or calling people unexpectedly to say goodbye either directly or indirectly.
- Giving things away, such as prized possessions.

KEEPING THE PERSON SAFE

If you are concerned about someone's immediate safety, remove from the vicinity anything they could use to take their own life and stay with the person until he/she is safe.

"Coping with someone with the suicidal thoughts is hard, but coping with the loss of someone you love is harder!"

LISTEN

One of the most helpful things you can do is to listen! Try not to judge or give advice. Allow them to express their feelings and try to be understanding.

BE HONEST

Do tell the person why you're worried about them and that you want to know how they are.

GET SUPPORT

Never keep a suicide plan as a secret! If a person already sees a doctor or other mental health service provider it's important that they tell their thoughts of suicide they may have. You can help them to schedule appointments or by taking them to their appointments.

If a person doesn't see a mental health professional, you can encourage them to see a professional.

TAKE CARE OF YOURSELF

Asking someone about suicide can be difficult. Remember your feelings also matter. It may help to discuss your feelings with another friend or confidential service.



THINKING ABOUT SUICIDE ?

TAKE ACTION TO HELP YOURSELF NOW!

Wait! Decide not to do anything right now to hurt yourself. You do not have to act on your thoughts of suicide. Try to remember that thoughts about killing yourself are just thoughts. No matter how

irresistible they are or how often you have them, **REMEMBER** that you didn't have these thoughts before and you won't have these thoughts forever. **THOUGHTS CAN CHANGE!**

Suicidal feelings can also be terrifying. If you are thinking about killing yourself, you may be feeling frightened, desperate, guilty, lonely, or hopeless. Remember that these feelings are very common and that emotions are **TEMPORARY!**

Feeling this way can make it very difficult to believe that anyone, or anything, can help. You can challenge these feelings. You can choose to live and there are people who can help you with that.