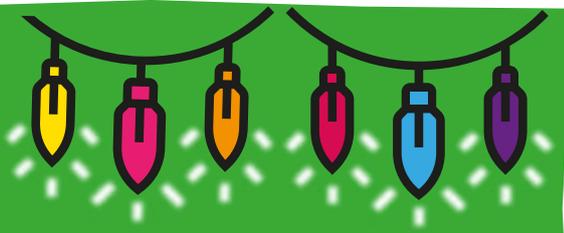


# Suicide Prevention



Christmas is the season to be full of joy and high spirits with excitement about nights out, sharing gifts, spending time with loved ones and having time away from work. For many it is anything but. What if the festive period brings added pressure and you feel;

**"I have to pretend to be happy"**

**"I'm abandoned because a lot of services shut"**

**"Everything needs to be perfect but it isn't"**

**"I don't know where I'm going to find the money"**

**"I'm not ok in November so why do people expect me to be ok in December"**

**"I'm surrounded by people but I've never felt so alone"**

**"I should be happy but I feel dread, all for one day"**

The festive period can be a really lonely time where problems are magnified or by over indulging and spending money we don't have seasonal fun and joy can quickly turn to dread and anxiety.

No one should feel alone this Christmas so reach out to those who may not have family or friends around them. Catch up with friends who you haven't heard from for a while. Stay connected with anyone who you are concerned about.

**Be kind to each other and yourself.**

If you are worried someone is feeling suicidal, information on what you can do is available by downloading 'The Art of Conversation', a free guide to spotting the signs, starting a conversation and being a good listener. Further guidance information is available by visiting [www.chooselife.net/ask](http://www.chooselife.net/ask)

There is always someone willing to listen and Samaritans offer a 24 hours a day, 7 days a week support service. Call them FREE on 116 123. You can also email [jo@samaritans.org](mailto:jo@samaritans.org)

**Breathing Space** is available when GP Practices close. Tel 0800 83 85 87  
Weekdays: Mon-Thurs 6pm - 2am Weekend: Fri 6pm - Mon 6am.

Local guidance and support services can also be accessed anonymously through the Prevent Suicide – North East Scotland app and guidance is available in relation to compiling a Safety Plan. The Prevent Suicide – Northeast Scotland app is free and available to download on Apple, Android, Windows Phone and Kindle Fire devices and is supported by the website [www.preventsuicideapp.com](http://www.preventsuicideapp.com)