



# Things about suicide that young men need to know



*An easy to access toolkit*

**Ask for help –**

You are not alone in this

It's **OK** not to be OK

You are **stronger**  
than you know

Sometimes just **listening**  
is enough





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# Introduction

Sometimes life can make you feel lost, overwhelmed, incredibly down and even suicidal. But remember, while there is life there is hope.

This interactive toolkit is meant as a safe space to help you find the resources you need when you've hit your lowest point. If this is how you're feeling reading this, click **here** to find someone you can chat with straight away or click **here** for preventional steps.

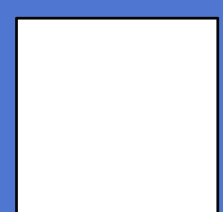
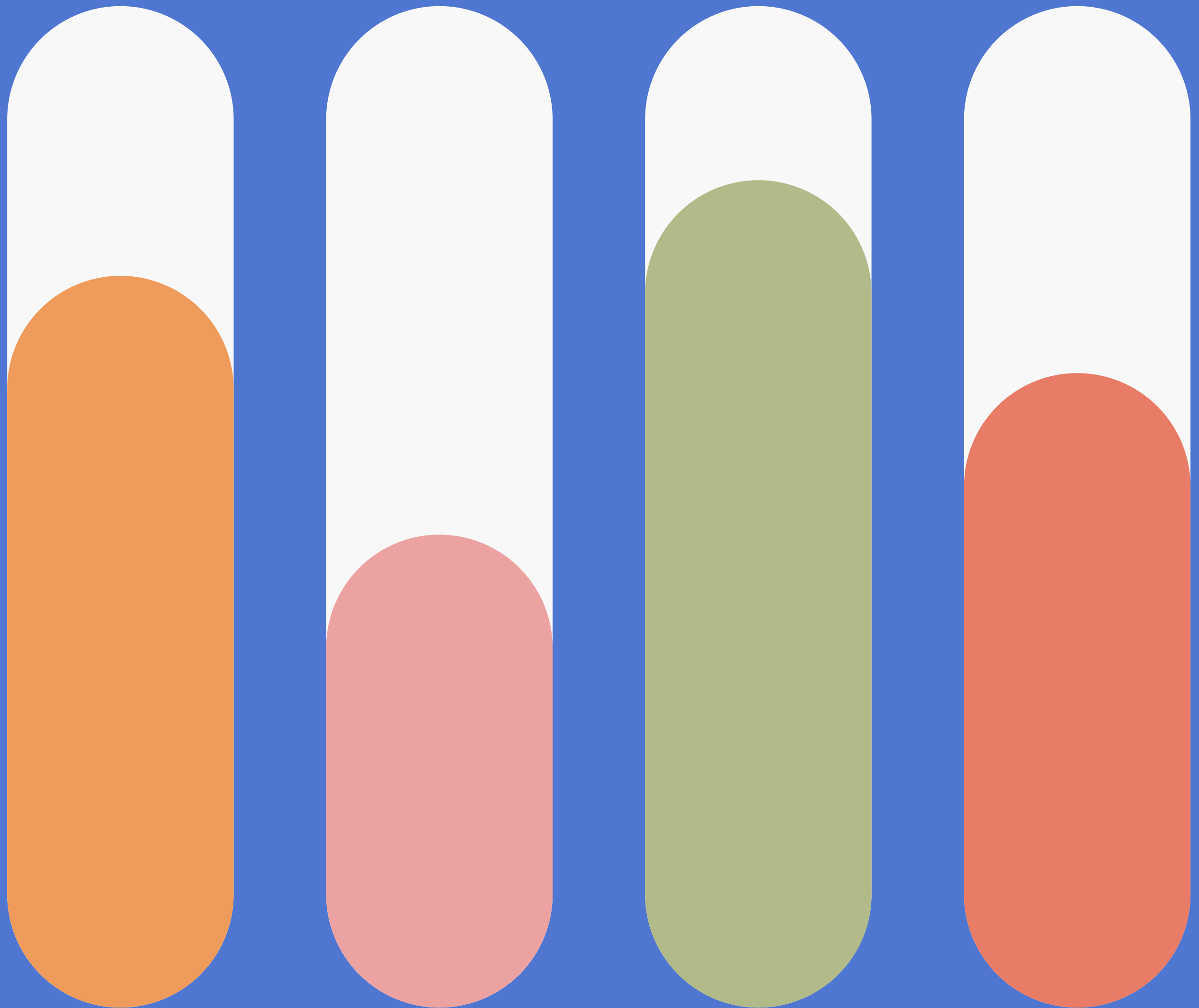
You are not alone and remember when things get tough:

**“Soak up the views. Take in the bad weather and the good weather. You are not the storm.”**

**Matt Haig**



# Statistics





# In numbers...

1

**Suicides** are the second leading cause of **death** amongst **15-19** year olds\*

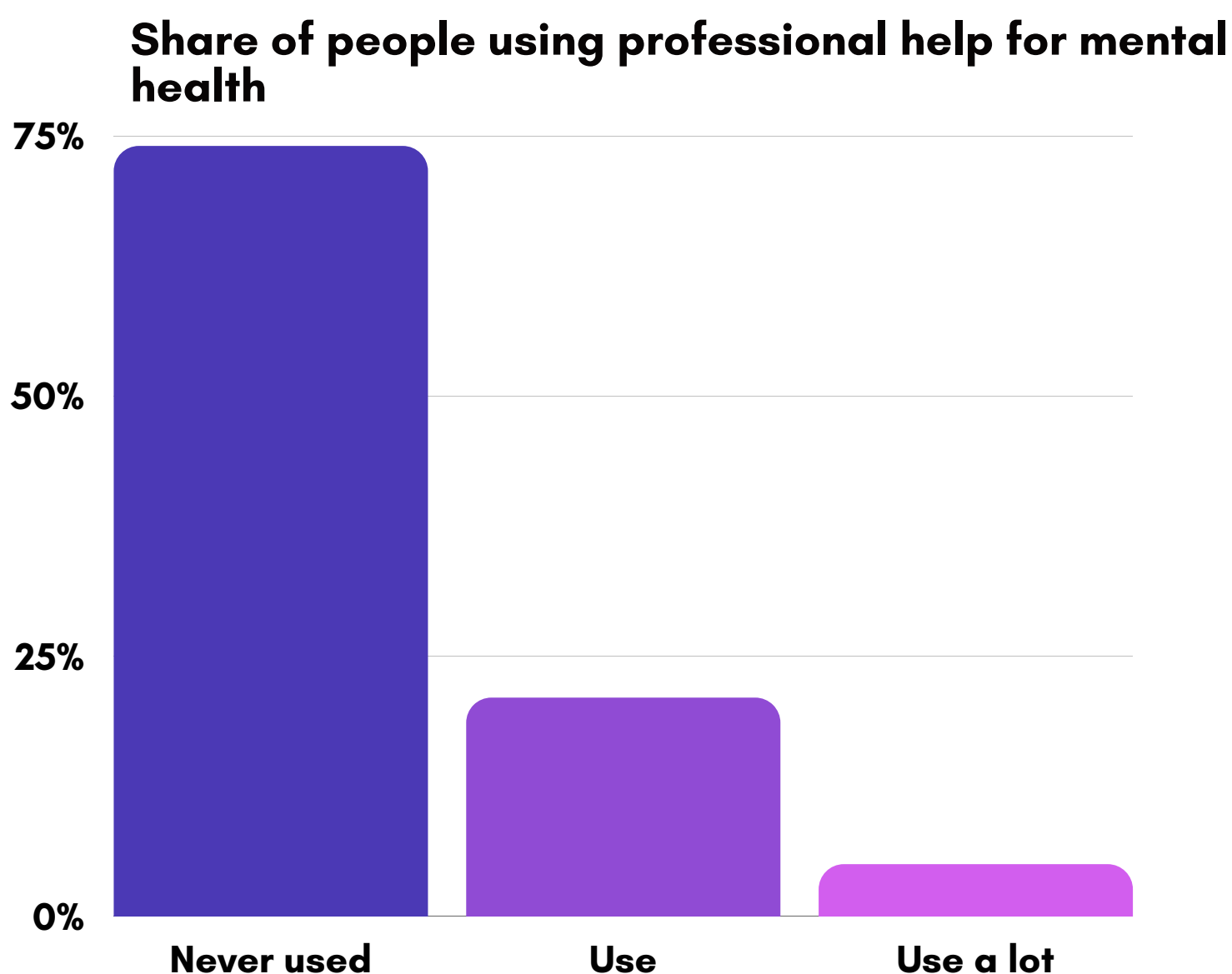
2

**80%** of suicides in **Europe** for ages 15-34 were **male**\*\*

80%

3

**74%** of Europeans with mental health conditions have **never** used professional help\*\*\*



\*<https://www.unicef.org/media/108121/file/SOWC-2021-Europe-regional-brief.pdf>

\*\*<https://platform.who.int/mortality/themes/theme-details/topics/indicator-groups/indicator-group-details/MDB/self-inflicted-injuries>

\*\*\*<https://www.statista.com/statistics/1220983/use-professional-help-for-mental-health-in-europe/>



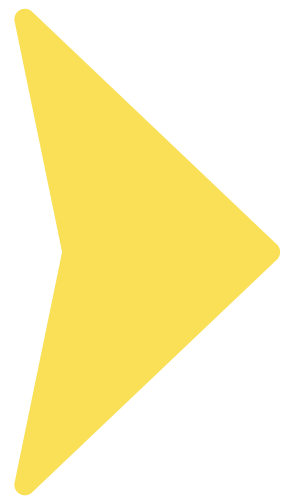


# Resources





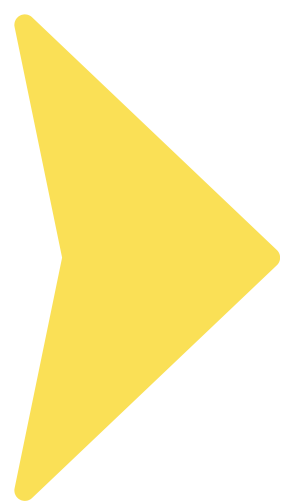
# Organizations



## Suicide Prevention Resource Center

A tailored resource centre ranging from programmes to guidelines and much more

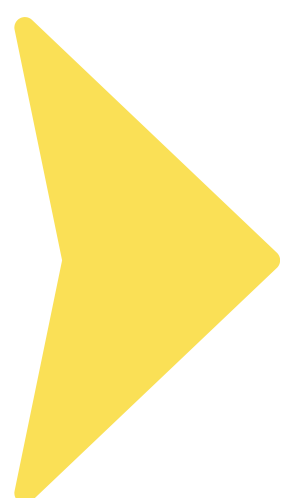
[CLICK HERE](#)



## The Jed Foundation

A website dedicated to helping with different stages of suicidal ideation

[CLICK HERE](#)



## Alliance of Hope

A safe space for suicide survivors or those contemplating it to connect

[CLICK HERE](#)



# Apps



Apps,  
platforms  
and chatrooms  
to rely on.



## Therapeer

A platform to chat with peers when you're feeling down or losing hope



## Suicide Prevention App

An app that provides you with lots of resources related to types of help



## The Mighty

Online chatroom with different threads related to mental health & suicidal ideation



## Saftey Plan

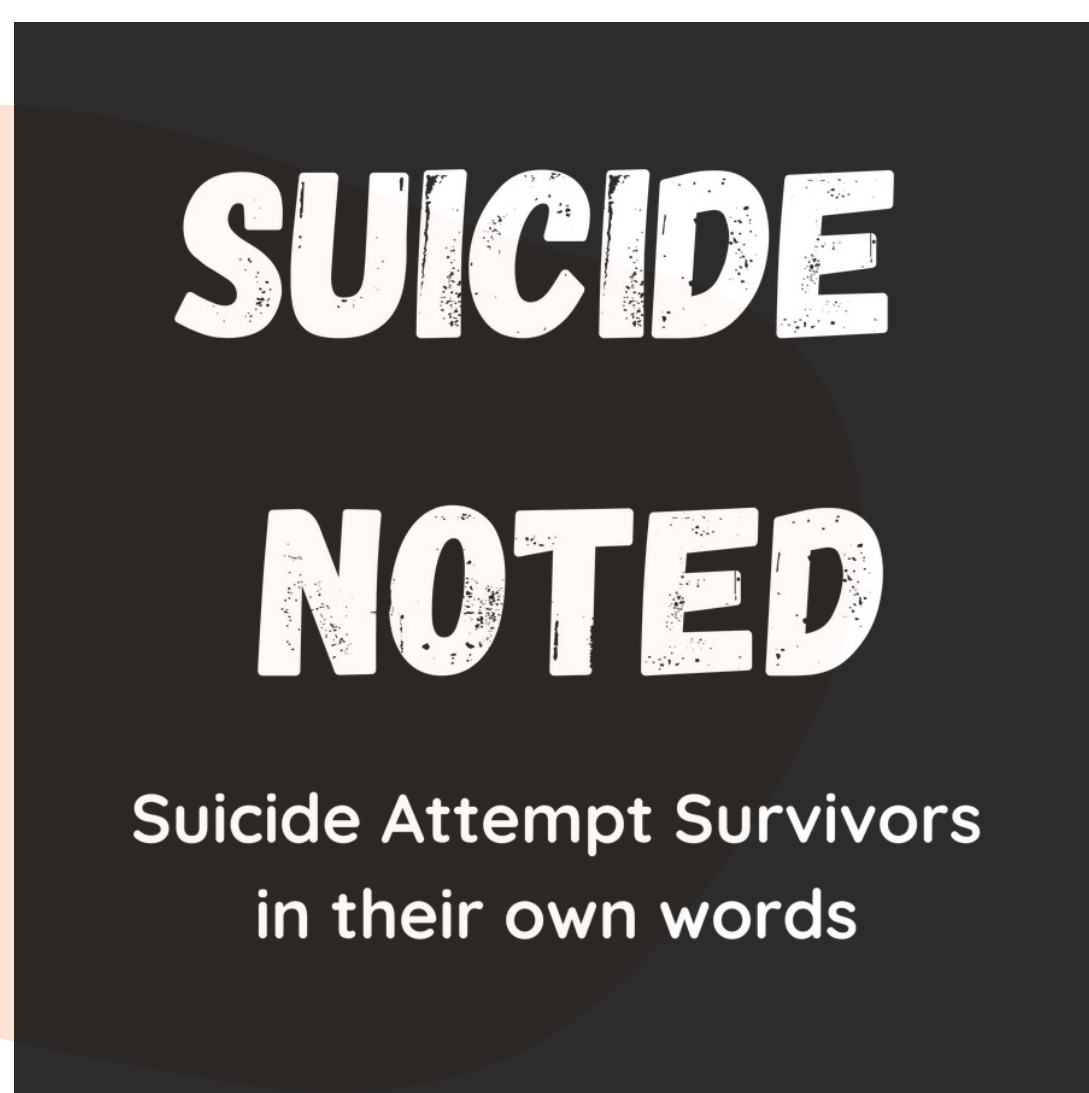
An app to help you plan recovery, coping strategies and helpful places that distract you







# Podcasts



Here, you can find honest conversations with suicide attempt survivors so you can hear their stories in their words



Here, you can hear stories by survivors, griever, individuals & specialists talking about everything related to suicide and how to prevent it



Here, is a podcast that looks at men & mental health. It touches on those who have lived with mental ill-health or lost someone to suicide



Here, you can listen to a podcast specifically for male mental health. There are various topics including depression and suicide.



# Helplines





# Helplines



## Find a helpline

Free & confidential support via phone, text or online chat

[CLICK HERE](#)



## MHE helplines

Find a helpline for young people in your country

[CLICK HERE](#)



## IFOTES

International emergency telephone services for different organisations

[CLICK HERE](#)





# Guidelines





# Guidelines I

These steps are provided by 

1

## Get safe right now

- **Remove** anything you could use to **harm yourself** or ask someone else to do so
- **Follow your safety plan.** These plans are a great way to have ideas for helping yourself when you are feeling unwell. Click [here](#) to get help on creating your own safety plan
- **Talk to someone about the way you're feeling.** Whomever it is, expressing the way you are feeling helps with feeling less alone and more in control.





# Guidelines II

These steps are provided by 

2

## Distract Yourself

- Try a the list of **self-harm coping technqiues** found [here](#).
- **Focus on your senses.** Taking time to smell, taste, hear & touch different things can ground your thoughts.
- **Steady your breathing & look after your needs.** Taking deep breathes can help calm us. Also, eat if you're hungry, drink if you're thirsty and try to write down how you feel.
- **Go outside or seek help via peer support or a helpline.** Different types of weather on your skin can help you feel more connected to your body. Contact [helplines](#) or [online peer support](#)



# Guidelines III

These steps are provided by 

## 3 Challenge your thoughts

- **Make a deal that you won't act today.** Planning to get the support that is out there can help.
- **Find your reasons to live.** The world IS better with you in it even if you don't think so right now. **Here** you can find a list of things that may help.
- **Be kind to yourself.** Try doing something nice for yourself, a small bath, watching your favourite film. It's very easy to forget to do something nice for yourself
- **Tell yourself you can get through this.** Try not to concentrate on the negative things, keep hope. Repeating to yourself that you can get through will help you regain hope and focus on getting through it.



# Stories







# Stories

## Stories of Hope & Recovery

[CLICK HERE](#)

Here you can find personal stories and testimonies from both older and younger men

## Faces of Attempted Suicide

[CLICK HERE](#)

3 young men speaking about their experiences with suicide, how they cope and how they have come through.

## Preventing Youth Suicide

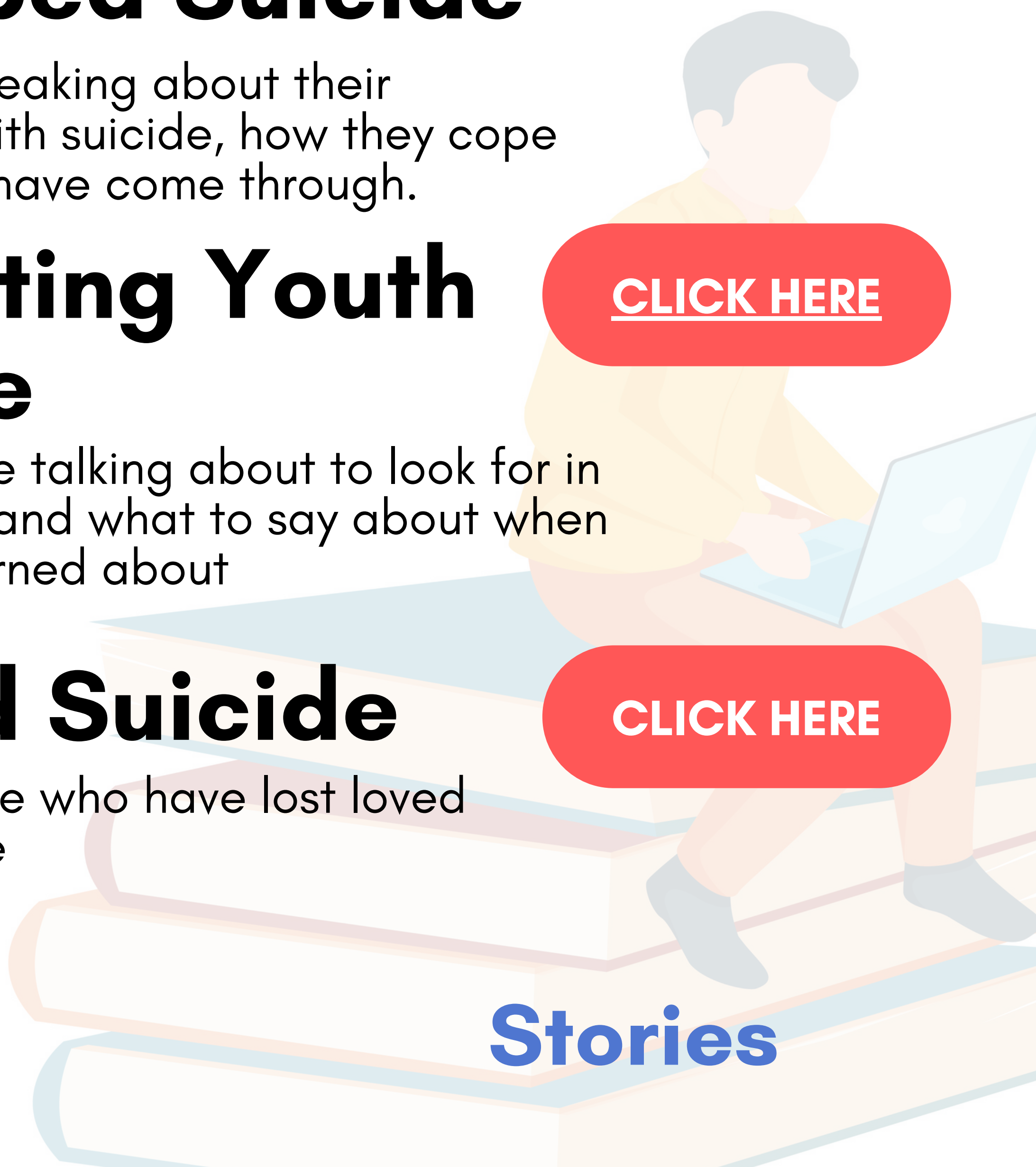
[CLICK HERE](#)

6 young people talking about to look for in young people and what to say about when you are concerned about

## Beyond Suicide

Videos by those who have lost loved ones to suicide

[CLICK HERE](#)





# Peer Support







# Peer support



## Befrienders

This is a great site for advice on helping someone you know experiencing suicidal thoughts, setting up helplines & generally, how to be involved



[Find out more here](#)



## Zero Suicide Alliance

A website with free training courses on how to talk to people you're worried about. There are also some personal stories here too.



[Find out more here](#)



## Zero Suicide Institute

Here you can find a comprehensive toolkit with advice for individuals and organisations on different ways of helping to change suicidal ideation at a system-wide level



[Find out more here](#)



# Final thoughts

Life is, at best, a bumpy ride. However, there is always help out there. Talk to a friend, family member or even a professional if things start to get too heavy and things will get better.

It's always important to remember:

- Don't act straight away
- Seek help
- Be kind to yourself
- Life is worth living

**"There was never a night or problem that could defeat sunrise or hope"**

**Bernand Williams**