

WHERE CAN YOU GET HELP?

Whether the situation concerns you or someone close to you, there is no shame in asking for help. On the contrary, it is essential not to face it alone. Confide in your loved ones and seek further support together. The following may also help you:

- **counseling center at your university**
- **psychologist or psychotherapist**
- **crisis center in your region**
- **<https://www.praguetherapy.com/emergencies>**

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Are you or anyone in your life,
having thoughts of suicide?

If you have hurt yourself or have a strong urge to hurt yourself, call 112 for help. Alternatively, ask someone nearby to call the emergency number 112 for you.

Suicidal thoughts do not necessarily mean that you want to take your own life. Some indicate that you just want your suffering and pain to end. Others, however, can strongly urge you to end your life. It is important to always take them seriously.

KEY INFORMATION

- suicidal thoughts are thoughts about wanting to end your life or wishing you were dead
- suicidal thoughts can arise for many reasons, some of which may be more familiar to us than others
- if you are having suicidal thoughts, ensure your safety and seek help
- remember that you are not alone and that you deserve support

WHAT YOU MIGHT BE EXPERIENCING?

- unbearable pain, hopelessness, helplessness
- sadness, anxiety, frustration, anger, feelings of guilt
- being overwhelmed by negative thoughts
- a desire not to be here or not to exist
- feelings of worthlessness, being unwanted or unnecessary to others
- despair
- self-hatred, feelings of worthlessness, low self-esteem
- feeling that everyone would be better off without you
- feeling disconnected from your body, physical numbness
- feeling that your emotions are too heavy for those around you
- feeling that no one understands you
- poor sleep, changes in appetite
- lack of desire to take care of yourself
- wanting to avoid others
- inability to concentrate or enjoy things you normally like
- difficulty communicating
- urges to self-harm or use substances

WHAT SHOULD I DO IF I HAVE SUICIDAL THOUGHTS?

- do not keep it to yourself, talk about it with your loved ones
 - you can start by saying *"I haven't been feeling well lately."*
 - be honest and speak clearly so that the other person can understand what is going on
 - you can write your thoughts down first if it helps
 - make sure you both have enough time for such a conversation
- seek help
- stay safe (remove things you could use to hurt yourself, keep your mind occupied, be around other people, avoid places that trigger suicidal thoughts, try relaxation etc.)
- avoid alcohol and other substances
- you can create a safety plan for yourself
- challenge your thoughts - suicidal thoughts can convince you that the situation will not improve and that you have no values, but this is not true. Try to remind yourself that:
 - with support, things can improve
 - there are people who want to help you
 - you deserve support
 - there are good things in life, even if it's hard to notice them right now
 - suicidal thoughts and the feelings that come with them will pass with time and help

WHAT MIGHT IT LOOK LIKE WHEN SOMEONE IS CONTEMPLATING SUICIDE?

- talks or writes about suicide or death
- self-harms
- talks about being a burden to others
- expresses hopelessness, helplessness, sadness, anger, sudden mood swings
- gives away their belongings
- shows changes in behavior (e.g. withdraws from loved ones, spends time alone, avoids hobbies)

These are common signs, but they may look different for each person.

WHAT CAN YOU DO IF SOMEONE CONFIDES IN YOU?

- ask how they feel and what they are thinking
- listen
- express concern for the person
- express support
- offer to find help together (e.g. go to the counseling center at your school)

If you don't know what to do or the person refuses help, you can seek advice at the counseling center by yourself.

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