

## Are people with a mental illness at greater risk of suicide?

- ❖ People with a mental illness are generally more likely to feel suicidal and attempt suicide
- ❖ Research shows that a person is more likely to attempt suicide if they have recently been discharged from a mental health hospital or unit

### What can someone do to try to stop suicidal thoughts from happening?

- People manage their mental health in different ways
- This is because different people find different things useful

### Common examples of how people manage their mental health are:

- Support from the NHS - such as:
  - Taking medication or
  - Attending talking therapy sessions
- Support through social services - such as
  - Having a support worker to help with stressful tasks like form filling or meeting new people
- Support through charities - such as going to support groups or using emotional support lines
- Support from family and friends
- Private treatment - such as paying for talking therapy, or self-help - such as
  - Exercise and
  - Focussing on sleep

### You can find more information about:

- Suicidal Thoughts
- How to cope
- Recovery

at [www.rethink.org](http://www.rethink.org).

Or call our General Enquiries team on 0121 522 7007 and ask them to send you a copy of our factsheet.

## Is there a link between self-harm and suicide?

- ❖ Self-harm means that someone harms themselves on purpose
- ❖ Self-harm isn't a mental health condition, but it is often linked to mental distress
- ❖ Someone who self-harms doesn't usually want to die
- ❖ They may self-harm to deal with life, rather than a way of trying to end it
- ❖ But self-harm can increase the risk of suicide
- ❖ Someone may accidentally end their life
- ❖ Someone who self-harms should be taken seriously and offered help

You can find more information about 'Self-harm' at [www.rethink.org](http://www.rethink.org).

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