

I Need Your Help

I am giving you this card as
I am finding it difficult to cope
and need your help

- I am feeling suicidal and
I need you help to support
me to a safe space.
- I am feeling very anxious
and cannot keep myself safe.

Please call this number

Tel: _____



here
to **help**



www.sjogheretohelp.uk

How to Help Me

- I may not like to be touched, so ask me.
- Talk calmly and slowly to me. I may take a while to answer you.
- I may not give you eye contact, but I am listening to you.
- I may appear calm, but I am likely to be feeling extremely anxious so stay near me and offer reassurance.
- Please tell me what is happening as I may not be able to ask this.

If I am injured or nobody answers my emergency contact number, call 999.