HELP AVAILABLE

IMMEDIATE HELP
Samaritans 24 hour helpline
1850 60 90 90
Contact any of the following or advise them to go to:
Emergency Services, if there is an immediate risk:
999 or 112

A & E - Emergency Department of Hospital

Your GP or Family Doctor

The Local Priest

Aware Helpline
1890 303 302

Teen Ireland
1800 833 634

HSE Helpline
1850 241 850

Suicide Prevention Helpline
1800 742 745

National Office for Suicide Prevention
01 635 2139

Traveller Counselling Services
086 308 1476

WHAT IS SUICIDE?
Suicide is taking your own life. It can be STOPPED, if we know when a person is suicidal.
Key Facts on Traveller Suicide in Ireland

- Suicide is a big cause of death in young Travellers
- 4 out of 6 Travellers who died by suicide were under 30 years of age
- 7 out of 10 Traveller suicides were first attempts between 2000 and 2006.
- Suicide in Traveller men is three times higher than Traveller women
- There is no one thing that causes suicide, it can be many things.
- Anyone can become suicidal

Source: Suicide among the Irish Traveller Community 2000-2006, Mary Rose Walker.

Feeling Suicidal - What to look for:

- Not mixing with other people
- Depression
- Not looking after yourself – eating, cleaning, washing yourself
- Giving away something that is important to them (like keepsakes)
- Mood changes
- Turning to drink and drugs
- Dangerous behaviour – not caring that there is a TOMORROW
- Saying thinks like:
  - “I wish to God, I was dead”
  - “I am sick of life,”
  - “I am sick of this place.”
  - “I want to die.”
  - “There is nothing in this world for me to live for”
- Talking about Suicide
- Trying to harm yourself
- Trying to kill yourself
- Losing someone close either in the family or among friends

Most people who feel suicidal don’t want to die, they just want to end their pain.

You may not have all the above signs present at the one time but the more of these signs you see, the higher the risk. Sometimes you don’t have to have any signs at all to feel suicidal.

Risk Factors

- History of death or suicide in the family
- Items available at home, which could be used for taking your life – medication, knives etc

What can you do?

STOP AND LISTEN

Ask:

- “Do you feel like taking your own life?”
- “Do you think I can help you?”
- “What’s bothering you?”
- “It must be bad and painful for you but you don’t have to go through this alone.”
- “Is there someone you would like to talk to.”

Tell:

- “Don’t feel that you are helpless, I know people who can do something to help you.”
- “There are people here for you/to help you.”
- “Tell me about how you are feeling.”