Inside the mind of a suicidal young person

I am worthless

I feel like crying all the time, but I have to hide it

I feel so anxious all the time it hurts

Google might help me find the best way to kill myself

What's the point in talking about it, I don't want to be a burden

I feel cut off from my body, just phyiscally

I just don't fit in, I feel I don't belong in this world

Talking about it won't help, would it?

I need to think of who wants my things

I want to hurt myself

I feel trapped, I wish I wasn't here

I just want to hide away and disappear

Inside the student's mind

Have you made any plans to take your life?

What has worked in the past to help these feelings, can you do these again while we get you some support?

Thank you for telling me, this is not an easy thing to talk about

What would you like to happen next?

This is absolutely nothing to be scared of

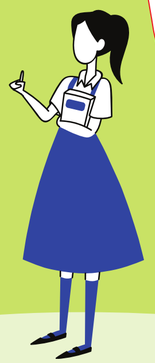
It's not unusual to have thoughts of suicide. With help and support people can work through these thoughts and stay safe - lets find some support together

Take your time and tell me what's happening for you at the moment

How are you coping with things happening in your life?

Is there anyone you can speak with at home?

It can be hard to talk about suicide, but take your time and I wil listen



What you could say