

## Suicidal Thoughts

We all have mental health and at some point, life or work events may cause us to have some negative health and wellbeing issues.

The university wishes to be a supportive environment for colleagues when they are experiencing negative mental health and wellbeing and there are a number of ways colleagues can seek and receive support.

A number of common health and wellbeing scenarios have been presented which aim to provide colleagues with a pathway to seeking and receiving support.

### Immediate Crisis Support

If you are experiencing **immediate suicidal thoughts**, please seek professional support from;

Samaritans (24/7) 116 123

Edinburgh Crisis Centre (24/7) 0808 801 0414

Mental Health Assessment Services -

emergency mental health assessment service for people experiencing a mental health crisis at The Royal Edinburgh Hospital (24/7)

or call 0131 537 6000

### Speak to your GP

If you are experiencing suicidal thoughts make an appointment to see your GP as a matter of urgency to discuss your situation and follow their advice.



### Line Manager 1:1

Request a 1:1 with your Line Manager to highlight your suicidal thoughts and they will signpost accordingly and assist you to seek professional help.

### Mental Health Champion Network

If you do not wish to speak to your Line Manager, speak with a Mental Health Champion who will signpost accordingly and encourage you to seek professional help. They are Scottish Mental Health First Aid trained or Applied Suicide Intervention Skills Trained. A Champion will provide a listening ear.

[Intranet Health & Wellbeing Home Page](#)