

Other Useful Contacts

Samaritans	(01738) 626 666
Genito-Urinary Clinic	(01738) 473 220
Police Family Protection Unit	(01738) 892 911
Perthshire Women's Aid	(01738) 639 043
Procurator Fiscal Office	(01738) 637272
Victim Support	(01738) 567 171
Criminal Injuries Compensation Board	(0141) 331 2726
Citizens Advice Bureau	(01738) 624 301
Bristol Crisis Service for women	(0117) 925 1119
Childline	(0800) 1111

WRASAC P&K provides

Free and confidential support for women, young women and girls, who live in Perth & Kinross, who have been raped, sexually abused or sexually assaulted at anytime in their lives.

Face to face support

Telephone support

Support by letter or email

HELPLINE

(01738) 630965

Support Workers are available at the following times to offer support and provide information.

Monday – Friday	0930 – 1630
Tuesday	1900 – 2100
Sunday	1900 – 2100

We also have a 24 hour answering machine, so that at any other time messages can be left and will be returned discreetly, as soon as possible.

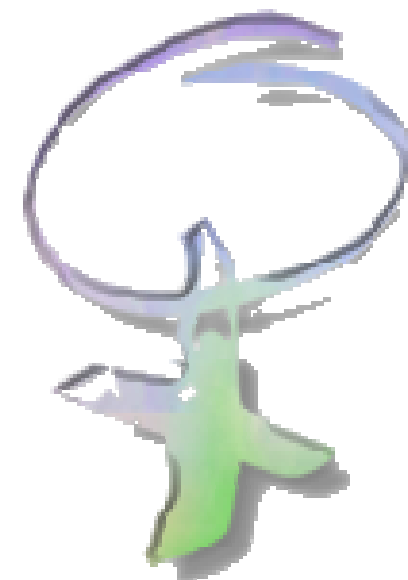
HOW TO CONTACT US

WRASAC P&K
P.O. BOX 7570
Perth
PH2 1BY

Business Line (01738) 626290
Support Email: wrasacpk@gmail.com
Website: www.perthshirerapecrisis.org
National Helpline 08088 01 03 02

Funded by Choose Life

Women's Rape and Sexual Abuse Centre Perth & Kinross



Suicide

A free and confidential service

“Women working towards freedom from
rape and sexual abuse”

Suicide

Some Common Myths

- **Myth: If a survivor is going to take her own life, there is nothing you can do.**

Many survivors who are feeling suicidal may well be undecided about dying. Appropriate support can reduce the risk. It may just be that they are finding it extremely difficult to cope with very strong and distressing emotions and that suicide seems like the only option. However, if a survivor is making an informed choice about suicide you need to respect this.

- **Myth: If a survivor has a history of 'attempted suicide' then they won't do it for real.**

Those people that have attempted suicide once are one hundred times more likely* than the rest of the population to attempt suicide again. Four out of ten people who take their own life will have made an earlier suicide attempt.

- **Myth: Survivors who talk about suicide are the least likely to attempt it.**

According to statistics, 80% of people who take their own life have given warnings about their suicidal intentions*. There is hardly anyone who will take their own life without letting others in their life know how they are feeling.

- **Myth: Talking about suicide can encourage the survivor to die by suicide.**

If we acknowledge the strength of the fears and feelings and help the survivor explore the reasons for their suicidal feelings, this can provide a lifeline – it can make the difference between choosing to take their own life and living.

- **Myth: Survivors say that they are suicidal to get attention.**

This is not necessarily the case. Suicidal feelings often come from intense feeling of hopelessness, desperation and despair. It is when people's feelings are ignored that these feelings can be reinforced.

If you feel suicidal

- Suicidal feelings are frightening. For many survivors who feel suicidal, there seems to be no other way out. When you feel overwhelmed by it all, it is often the hardest time to reach out for help. It's normal to have suicidal feelings if you are dealing with flashbacks and feelings such as terror, pain, guilt and anger. But having suicidal feelings is very different from acting on them.
- Suicidal feelings are very traumatic, but they will pass. After they subside, you need to continue caring for yourself. Healing may stir up old feelings such as terror and powerlessness, rage and grief. Your self-esteem sinks and you may say to yourself, "Who'd want to help me?", "Who'd want to listen to me?", "What's the point?". When you're in crisis, it's crucial that you reach out, get help, and get support.

Dealing with Crisis

- By listing names and numbers of the people who are supportive of you, along with useful phone numbers (perhaps The Samaritans, and the WRASAC P&K number and helpline times) this can give you an easy reference guide the next time you need to call someone. Sometimes just leaving a message for a friend or listening to a supportive voice can help you keep going.
- You may be struggling with anxiety or panic attacks. If you learn to recognise the signals of impending panic, you can sometimes head off a full-blown attack, you need a plan for coping with the mounting terror. Make a list of the things you can do to comfort yourself. What would help you calm down? Perhaps have a warm bath, listen to your favourite music, or go for a walk. One of the most effective ways to calm down when you're in a panic is deep breathing exercises. Include on your list simple things that satisfy as many senses as possible and include reaching out to others.
- If you are worried that you can't control your suicidal feelings, take the time now to create a plan for keeping yourself alive.

*Samaritans (2004)