

# Suicidal Thoughts and Feelings

## Contents:

### [Immediate Help](#)

### [Help during working hours](#)

### [Help outside of working hours](#)

You may be consulting this page because you are considering suicide or because you are worrying about a friend who seems to be considering suicide.

The Counselling Team advises most strongly that anyone contemplating suicide seeks assistance at the earliest possible time. We would never want to minimise the problems that lead individuals to contemplate ending their lives - often they are problems of great severity which carry with them deep feelings of shame, loneliness and hopelessness. However, most research and anecdotal experience of carers suggest that the despairing thought which make a person feel that the only way to resolve the problem is by suicide is not the only thought. This Service has worked with many students while they are actively contemplating suicide or who have done so in the past - almost invariably when the crisis is past, they express relief that they have not acted on their suicidal intentions.

The problems that lead to suicidal thinking are too complex and varied to address here - although some pointers may be found on our other pages. However, what we can do is give clear guidance to immediate sources of help.

## Immediate help

If you need help urgently refer to [NHS crisis services](#):

## During working hours

- [Student Wellbeing and Inclusivity](#): 01509 228338

[studentwellbeing@lboro.ac.uk](mailto:studentwellbeing@lboro.ac.uk)

To book an appointment with any of our services within Student Wellbeing and Inclusivity (including the Counselling Team, Mental Health Support Team and the Wellbeing Advisers), please complete [the referral form](#).

- [The University Medical Centre](#): 01509 222061

You can usually get an appointment at extremely short notice in an emergency and will be treated in an emergency even if you are not registered there. The service is highly confidential.

- In addition to these, further services such as [Chaplains](#), [Hall Wardens](#), [Student Services](#) Staff, Student Union Welfare Officers and Personal or Academic tutors will all be willing to support a student in times of difficulty or distress.

## Outside of working hours

- **GP** (General Practitioner)  
Your GP will offer 24-hour cover - in some instances with a part time doctor or locum.
- **The University Medical Centre**: 01509 222061  
The University Medical Centre is part of the NHS which offers 24 hour cover in the same way. When the surgery is closed a recorded message will give you the phone number of the doctor on call. This will be likely to be a part-time locum doctor. While the Medical Centre is closed you may be advised to go to the walk-in centre in Loughborough, but a doctor can come to you in an emergency.
- **Hall Wardens and Community Wardens**  
If you have any problems, either arising from within the hall or connected with any other aspect of being a student at Loughborough, please contact your warden or sub-warden who will either deal directly with the issue or refer you to someone who can help. Any discussions you have with a Warden or Sub-warden will be in confidence.
- **Samaritans**: 116 123  
[jo@samaritans.org](mailto:jo@samaritans.org)  
Samaritans can be contacted at any time. They have a 24-hour listening service for emotional support including crisis support. Their service is entirely confidential. Emails will be replied to within 24 hours and your email address will not be shown to the volunteer.
- **Hospitals with 24 hr. casualty services**  
The closest hospital with this service is [Leicester Royal Infirmary](#): 0116 254 1414
- **Befrienders**  
An expanding global network of 349 emotional support centres in 32 countries providing an open space for those in distress to talk and be heard. This is via telephone helplines, SMS messaging, face to face, internet chat, outreach and local partnerships and is available in many different languages.
- **SANEline**: 0300 304 7000  
(Open 4.30pm - 10.30pm daily)  
SANE work to improve the quality of life for anyone affected by mental illness.
- **PAPYRUS HOPELINEUK**: 0800 068 4141  
(Opening hours: 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays.)  
Or Text: 07786209697 / email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)  
A confidential helpline, staffed by trained professionals who give advice to people under the age of 35 who feel suicidal, or anyone who feels that a young person may be at risk from suicide.