

SOS Détresse

Suicidal thoughts

I don't want to live like *THIS*

During the course of their lives, many people have thoughts like: "What would happen, if I wasn't here anymore" or "I'm just a burden for others". These type of thoughts or perhaps feelings such as "I'm at the end of my tether", could be a sign that a person cannot see any other way out of his or her problems. These ideas develop when the person is overwhelmed, either through an acute crisis or through chronic, energy sapping problems, conflicts and experiences.

Suicidal thoughts seldom appear out of the blue. Someone who harbours such thoughts is facing a very difficult life situation, from which there seems no escape. In such a situation, death can appear like a salvation or simply a way of finding peace. Nevertheless, there may be other solutions that those affected are unable to see at that moment or cannot put into practice on their own.

The following picture helps many people concerned to get a better understanding of their suicidal thoughts: A person going through a crisis can be compared to someone who is in a closed room which seems to have no exit. The door actually exists, but remains invisible, as the person stands right up to the wall. In order to see the door, he or she would need to take a few steps back. Unfortunately, the person is unable at that moment, to consider such a possibility or simply doesn't have the strength to do so.

People often feel ashamed or criticize themselves for their suicidal thoughts. Furthermore, they sense that others might find it difficult to discuss the subject. Thus, they become prisoners of their own thoughts and emotions.

In such a situation, it can be extremely helpful to confide in someone, who can show empathy in a non-judgemental manner.

Please don't hesitate to contact us.

- You can call us anonymously at 45 45 45: daily from 11 a.m. to 11 p.m., Fridays and Saturdays also until 3 a.m.
- You can also send us an anonymous E-mail: [SOS Online Help](#)

For helpful information on this subject, we recommend the Internet Site www.prévention-suicide.lu!

