

Jake additional information

You think about suicide regularly.

You feel hopeless and a burden.

Suicide feels like the only way out.

You have sourced a rail time-table for trains running under the bridge near your house. You plan to end your life on Saturday night.

You really respect your football coach and feel that he could help you.

You worry that your grandad will not cope with the news of your death and that upsets you.

You really wanted to be a football coach.

Things that make you want to stay alive:

- Football team.
- Siblings look up to you.
- Used to have a strong relationship with grandad.

Your suicidal thoughts are a level 9 intensity

