

PAUSE. CONNECT. STAY.

A free suicide prevention and connection pack

Created in loving memory of Phoenix Birkett, forever 17, by Walk with Phoenix and PheNature.

ONE DIFFICULT MOMENT DOES NOT HAVE TO BECOME THE END OF A STORY.

This pack helps a person slow the moment down, name what is happening, connect with someone safe and reach appropriate support. Use it before a crisis where possible, or alongside urgent professional help.

NEED HELP NOW?

If you or someone else is in immediate danger, call 999 or go to A&E. For urgent mental health help, contact NHS 111. Call Samaritans free on 116 123, day or night. Text SHOUT to 85258 for free, confidential, 24-hour UK support. This pack supports conversation and planning; it is not a replacement for professional care.



Scan for the campaign page, shareable resources and current links.

phenature.lisambirkett.chatgpt.site/pause-connect-stay

My plan for a very difficult moment

Complete this when you feel reasonably calm. Keep it somewhere easy to find and share it with a trusted person if that feels safe.

1. How I notice I am becoming overwhelmed

2. Things that can help me pause safely

- | | |
|--|--|
| ■ Move to a safer, calmer place | ■ Stay near a trusted person |
| ■ Hand over anything that could put me at risk | ■ Breathe slowly or use a grounding exercise |
| ■ Use music, movement, water or another safe sensory support | ■ Ask someone to make the next call with me |

3. People I can contact

Name / number / how I want them to help

4. A reason to stay through this moment

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What helps when everything feels too much

There is no single coping tool that works for everyone. Circle, tick or add what feels safe and realistic for you.

Help my body settle

- | | |
|---|---|
| ☐ Cold drink or cool cloth | ☐ Weighted blanket or firm cushion |
| ☐ Slow walk with someone | ☐ Quiet, low-light space |
| ☐ Familiar music | ☐ Feet on the floor and name five things I can see |

Help me feel less alone

- | | |
|--|--|
| ☐ Sit with me without demanding answers | ☐ Send a simple text: I am here |
| ☐ Help me contact support | ☐ Stay on the phone |
| ☐ Remove pressure and choices | ☐ Remind me this feeling can change |

Please avoid

Words I would like someone to use

A helpful sentence

You do not have to solve everything tonight. I am staying with you while we get more support.

Stay with me: guidance for a supporter

Take any mention of suicide seriously. You do not need perfect words, and you do not need to solve every problem. Your task is to listen, reduce immediate danger and connect the person with support.

In the moment

- Stay calm and listen without judgement
- Ask directly if they are thinking about suicide
- If danger is immediate, call 999 or go to A&E;
- Do not leave them alone when immediate risk is present
- Help move away from danger and reduce access to harmful items where safe
- Contact a trusted adult, crisis service or healthcare professional
- Keep explanations short if they are overwhelmed
- Follow up after the immediate crisis

Try saying

CLEAR, CARING WORDS

I am glad you told me. Are you thinking about suicide? Are you in immediate danger? I am here with you. We are going to get help together.

Do not promise secrecy

If somebody may be in danger, explain that you need to involve a person or service that can help keep them safe. Compassion and honesty can sit together.

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Recognising distress in a neurodivergent young person

Distress does not always look quiet or visibly sad. ADHD, autism, sensory overload, rejection sensitivity and impulsivity may affect how a crisis appears and how quickly it escalates. These signs do not prove that someone is suicidal, but a sudden or concerning change deserves calm attention.

Possible changes to notice

- Sudden agitation, anger or restless movement
- Repeated statements of failure, shame or being a burden
- Panic after rejection, conflict or a perceived mistake
- Unable to tolerate noise, touch, questions or demands
- Talking about death, disappearing or not wanting to be here
- Risk-taking or behaviour that feels out of character
- Withdrawal, shutdown or loss of speech
- Giving away important belongings or saying goodbye
- A rapid move from high emotion to unusual calm
- Searching for isolation or moving towards a dangerous place

Respond to the nervous system as well as the words

- Use one calm speaker
- Offer simple choices
- Avoid arguing about whether the feeling is logical
- Reduce noise, light and demands
- Allow extra processing time
- Stay close enough to keep them safe

REMEMBER

Ask what has changed, what the person needs right now and whether they are thinking about suicide. A familiar person may notice important changes before a checklist does.

Starting the conversation

Asking directly about suicide does not put the idea into somebody's head. A clear question can make it easier for them to tell the truth and receive support.

Open gently

- I have noticed you do not seem like yourself. What has been happening?
- You seem overwhelmed. I am here to listen.
- I care about you and I want to ask something directly.

Ask clearly

- Are you thinking about suicide?
- Have you been thinking that you do not want to be alive?
- Are you in immediate danger right now?

Listen

- Give them time to answer
- Avoid lectures, guilt or quick reassurance
- Reflect what you heard
- Thank them for telling you

Act

- Call 999 for immediate danger
- Call Samaritans together
- Tell an appropriate trusted adult or professional
- Contact NHS 111 for urgent mental health support
- Text SHOUT together
- Agree when and how you will check in again

The words I could use with someone I am worried about

My connection card

Cut out or photograph this card. Keep the information current.

PAUSE. CONNECT. STAY.

When everything feels too much, I will pause before acting and contact:

My safest place is:

Immediate danger: 999 | Urgent mental health help: NHS 111
Samaritans: 116 123 | Text SHOUT to 85258

Trusted contacts

Name / relationship / number

SHARE THE PLAN

If you are supporting a child or young person, agree where this card will be kept and who is allowed to receive a copy.

30 days of connection

Small, consistent acts of connection can make it easier to notice distress and talk honestly. Adapt each prompt to the person and situation.

1 Send a check-in text	2 Ask twice: how are you really?	3 Share a support number
4 Take a quiet walk together	5 Listen without fixing	6 Thank someone for being honest
7 Plan one safe place	8 Learn one warning sign	9 Save crisis contacts
10 World Suicide Prevention Day: start a conversation	11 Offer practical help	12 Check in after a hard event
13 Make a trusted-person list	14 Reduce one source of pressure	15 Share the free pack
16 Ask what support feels helpful	17 Make time for rest	18 Notice a change in behaviour
19 Invite someone for a cuppa	20 Write one reason to stay	21 Choose a grounding tool
22 Tell someone they matter	23 Learn about neurodivergent crisis	24 Follow up, even if they seem better
25 Put support contacts on a noticeboard	26 Practise asking directly	27 Create a calm space
28 Contact someone you miss	29 Make tomorrow's check-in plan	30 Carry the conversation forward

The Phoenix Principles

A practical framework for earlier understanding, emotional education and prevention, created from Phoenix's life and Lisa Birkett's campaign for change.

1	Recognise distress sooner Look beyond labels. Crisis may appear as agitation, anger, impulsivity, shutdown or withdrawal.
2	Respond before the final moment Treat rapidly escalating behaviour as a reason for compassionate intervention.
3	Teach that failure is part of growth Help children understand mistakes without shame, so one moment never feels like the end.
4	Make help easier to accept Give young people practical ways to name feelings, regulate and reach a trusted person.
5	Learn and improve Listen to families, examine what happened and turn learning into measurable prevention.

THE PROMISE

Listen sooner. Understand differently. Help a young person reach the next safe moment.



Find Walk with Phoenix, support the campaign and download more free resources.

Sources and further support

Samaritans: [samaritans.org](https://www.samaritans.org) | Shout: giveusashout.org | NHS urgent mental health help: nhs.uk | World Suicide Prevention Day: iasp.info/wspd