



lonely • lost •  
trapped • abandoned •  
depressed • isolated •  
exhausted • desperate •  
broken • hopeless • empty?

## ...we're always here to support you

Railway Mission chaplains support staff and travelling passengers on the railways of England, Scotland and Wales with pastoral care.

We know that there is always hope, and always a way to face difficulties when there is someone there who is willing to stand alongside to support you through trauma, suffering and pain.

**Call us today if you need a listening ear.**

**“** We cannot prevent broken-hearts but, for railway passengers and employees alike, we try to be there to help to pick up the pieces.



Railway Mission



Railway Mission

Support on life's journey

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Railway Mission  
is a registered charity in England and Wales (1128024)  
and in Scotland (SC045897)  
A company limited by guarantee  
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[railwaymission.org](http://railwaymission.org)

# When you feel that there's no hope...

“ With help comes hope.





# Suicide Warning Signs...

Seek help as soon as possible by contacting your GP who can refer you to a mental health professional or suitable voluntary organisation if you or someone you know exhibits any of the following suicide warning signs:

- **Threatening to hurt or kill oneself** or talking about wanting to hurt or kill oneself
- **Looking for ways to kill oneself** by seeking access to firearms, available pills, or other means
- **Talking or writing about death**, dying, or suicide when these actions are out of the ordinary for the person
- **Feeling hopeless**
- **Feeling rage or uncontrolled anger** or seeking revenge
- **Acting recklessly** or engaging in risky activities—seemingly without thinking
- **Feeling trapped**—like there's no way out
- **Increasing alcohol or drug use**
- **Withdrawing from friends, family, and society**
- **Feeling anxious or agitated**, being unable to sleep, or sleeping all the time
- **Experiencing dramatic mood changes**
- **Seeing no reason for living** or having no sense of purpose in life

If there is an unusual calmness, after a period of great anxiety, this may be a sign the person has made a conscious decision to take their own life.

“

If you have something to say, we have someone to listen

Railway Mission chaplains

## Care and support

Since the foundation of the Railway Mission we have been caring for the emotional and spiritual needs of the railway community and the travelling public.

Railway Mission chaplains cover England, Scotland and Wales, helping railway staff through a variety of issues and life situations, enhancing and complimenting the chain of care provided by railway companies.

When difficulties and uncertainties begin to overwhelm us just having someone to talk to can make all the difference.

Railway Mission chaplains are available to rail staff, both serving and retired, their families and the travelling public to give pastoral support and a listening ear.

## When you feel like there's no hope, there is always help

Help is available for those who feel hopeless & desperate.

Railway Mission offers a free and confidential listening service for those who are seeking help when they feel like there is nowhere to turn.



Railway Mission

Support on life's journey

Our Chaplain's are available to listen to your needs and offer:

**Crisis Support**  
**Suicide intervention**  
**Referral information**

## How can you help someone?

If you know someone whom you think may be suicidal, show that you care by:

**Listening** to them with sincere concern for their feelings. Do not offer advice, but let them know that they are not alone.

**Sharing** your feelings with them. If you feel that they may make a reckless decision, tell them that you are concerned. They need to know that they are important to you and that you care.

**Inquiring** if they have had suicidal thoughts or if they have made a suicide plan in a straightforward and caring manner. If you feel you cannot ask the question, find someone who can.

**Asking for help** from experienced professionals or trained voluntary groups.

Look after yourself - supporting an emotionally hurting individual can cause you emotional pain too.



Working in partnership with

