

Patient Support to help Prevent Suicide

Suicidal Feelings: How to Help Yourself

Suicide is the taking of your own life. If you feel that life is getting too hard and difficult to handle and you are thinking about suicide, get help right away.

Promise yourself that you will not do anything drastic when you have suicidal feelings. Get help from your family, friends, teachers, counselor, or health care providers.

Important Numbers and Resources for Help:

Call 911 To Talk To Emergency Services

National Suicide Prevention Lifeline:

988 <https://988lifeline.org/>

Suicide Hotline:

- Call or text 988
- For deaf and hard of hearing: Use 988 videophone or online chat
- Spanish speakers: Call 988 or go online to:
<https://988lifeline.org/es/home/>

Hopeline: www.hopeline.com

American Foundation for Suicide Prevention: www.afsp.org

The Trevor Project: 1-866-488-7386 www.thetrevorproject.org

For lesbian, gay, bisexual, transgender, or questioning youth.

Safety Measures

- Do not use alcohol and drugs, and remove them from your home.
- If you are thinking of taking a lot of medicine, give your medicine to someone who can give it to you one day at a time.
- Remove weapons, poisons, knives, and anything in your home that could be used to harm yourself

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Things You Can Do to Help Yourself Feel Better

- Let family, friends, teachers, or counselors, know how you are feeling.
- Talk with someone every day, even if you do not feel sociable. Face to face conversation is the best.
- Call a mental health professional and see them regularly.
- Visit your primary care health care provider every year.
- Follow a routine or schedule every day. Put self-care on your schedule.
- Eat a well-balanced diet, and eat regularly.
- Get plenty of rest.
- Make a list of realistic goals, and cross them off when you achieve them.
- Exercise if you are able. You will feel better if you exercise for even a half hour each day.
- Go out in the sun or into nature. Take a walk in a favorite place.
- Do things you enjoy. Play your favorite music, read a good book, paint a picture, play an instrument, or do other things that take your mind off your depression if it is safe to do.
- Keep your living space well lit.
- When you are feeling well, write yourself a letter about tips and support that you can read when you are not feeling well.