



If you're thinking about suicide

If you're thinking about suicide, now is the time to ask for help.

People sometimes feel suicidal after going through a hard time. Maybe you lost someone close to you or you're having money or relationship problems. Perhaps you've been depressed or had other health issues.

Suicidal thoughts don't make you bad, crazy, weak or flawed. Having suicidal thoughts does not mean you really want to die.

It means you're not sure how to manage the pain you're feeling. You may think suicide is your only way out. But there is hope. Your life matters.

You can get through this

With help, you can learn new ways to cope and relieve your pain. People get through hard times and you can, too. There are effective treatments for depression, substance misuse and other issues. Life's problems can be solved.

There's help for you

If you're thinking about suicide, call someone right away. Consider one of these options:

- Call the National Suicide Prevention Lifeline at **1-800-273-8255**. Or you can chat online.
- Call the Hope Line at **1-800-784-2433**. Or go to the Hope Line website to read more or chat online.
- Go to the hospital or call 911. Your local hospital will keep you safe and connect you to resources.
- Talk to a mental health counselor. He or she can help you find a way handle your problem. You can call a community counseling center or your health insurance to find a counselor.
- Call a friend or family member. Let him or her know what you need — a shoulder to cry on, a listening ear or someone to sit with you.

Stay safe

It's critical to take steps right now. Here are some things to do:

- **Delay your decision.** If you feel like you want to die, give yourself more time. Do everything you can to get help. If you reach out, chances are you'll start to feel better in time.
- **Call for help as often as you need it.** You don't have to solve everything all at once. Ask for help today, tomorrow and the next day. You can even ask several times a day. It's okay. When you reach out to one of the professional resources listed above, you'll connect with people who know how to help and truly want the best for you.
- **Avoid using drugs and alcohol.** Many substances can cause you to feel more depressed and make it tough for you to solve your problems.
- **Try not to be alone.** Just being around other people you know can help you feel better and stay safe.

If you're thinking about suicide, seek help right away. Remember: Your life matters.