

Coping with Suicidal Thoughts

If you're in an emotional crisis, have thoughts of hurting yourself or even killing yourself, there is help available. You don't have to deal with these feelings alone.

Reach out and get the help you need to cope.

The 988 Suicide & Crisis Lifeline is open 24/7.

Call or text 988 at any time to speak with a trained counselor for free and confidential support.

Work with a therapist. Tell them what you are thinking and why. They will offer support and help you to deal with your thoughts and emotions in a healthy way.

Attending a support group can be a good idea as well. Here you can talk with others who can relate to your situation and speak from experience.

You are not alone. Connect with loved ones, be it your friends, family, or partner. Let them know what you are going through. They love you and can help support you through tough times.

Another way to help cope is to find new interests or activities.

Try taking a class, volunteering, starting a new hobby, or connecting with others on social media. Sometimes just getting fresh air and taking a walk can be a step in the right direction.

These are just a few ways to help you cope with suicidal thoughts. You may find your own ways to help you stay safe and healthy.

And remember, call or text 988 anytime, day or night, to talk with someone who can help.