9 THINGS TO DO WHEN HAVING SUICIDAL THOUGHTS

1. **FIND HELP** - Suicide is a serious life threatening condition. You should not deal with this alone.
   - **CALL (9-1-1)** If you or someone you know feels immediately suicidal CALL 9-1-1
   - **CALL A SUICIDE HOTLINE** Call the National Suicide Prevention Lifeline anytime 24/7 at 1 (800) 273-8255
   - **CALL A LOVED ONE** Call family or a friend before making any decisions

2. **CEASE ALCOHOL OR DRUG USE**-Avoid Alcohol or Drugs, they will only make you feel worse. If you have already consumed, wait until you are sober before making any decisions

3. **PUT AWAY ALL DANGEROUS ITEMS**-Put away anything that can harm you. If need be, leave any place that contains dangerous items

4. **DELAY**- If you have already made a plan to end your life, wait at least 48 Hours before you implement it. This will give you more time to think about the decision

5. **GET OUT OF THE HOUSE** - If you are at home, go out to a public area or a friend’s home, this will allow you time and space to think before acting

6. **WRITE DOWN A LIST OF THINGS THAT YOU HAVE TO LIVE FOR OR THINGS YOU LOVE**-Write down the first things that come to mind (family, school, friends, job, hobbies, activities, pets, nature, God, life itself, etc.)

7. **WRITE DOWN THINGS THAT YOU WANT TO END** - Sometimes we become suicidal because we want to end things, not ourselves. Write down things that you want to change in your life and if you feel up to it, write out a plan to change those things.

8. **SEEK MOTIVATION** - Spend time watching motivational videos on YouTube. Read motivational quotes or inspirational material

9. **SLEEP**-Sleep deprivation often leads to intense emotions. Get some sleep before doing anything else and don’t feel guilty about it, this is for your safety!

**REMEMBER!**

- Other people have experienced what you are feeling & many have found happiness after
- You don’t have to deal with this alone and you shouldn’t
- You can change everything that is wrong with your life without ending it.
- Staying alive gives you the ability to change and fix what’s wrong
- THERE IS ALWAYS HOPE, even if it doesn’t feel like it