

# 9 THINGS TO DO WHEN HAVING SUICIDAL THOUGHTS

- 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
- 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
- PUT AWAY ALL DANGEROUS ITEMS**-Put away anything that can harm you. If need be, leave any place that contains dangerous items
- 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
- 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
- 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.)
- 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.
- SEEK MOTIVATION** -Spend time watching motivational videos on YouTube. Read motivational quotes or inspirational material
- 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

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