

Suicidal Feelings and Resources



Suicidal Feelings, How to Help Yourself

Everyone feels sad or unhappy at times, but depressing thoughts and feelings of hopelessness can lead to thoughts of suicide. It can seem as if life is too tough to handle. If you feel like you have reached the point where suicide is the only answer, it is time to let someone know immediately.

How to cope and prevent suicide

- Let family, friends, teachers, health care provider or counselors know.
- Do not isolate yourself from those who care about you. Even though you may not feel sociable, talk with someone every day. It is best if it is face-to-face. Remind yourself that they do want to help you. Connect with others. If you aren't able to do it in person, use the resources on this page.
- Remember things that have helped in the past
- Eat a regularly spaced and well-balanced diet.
- Get plenty of rest.
- Avoid alcohol and drugs because they will only make you feel worse and may also lower your inhibitions. Remove them from the home.
- If you are thinking of taking an overdose of your prescribed medicines, give your medicines to someone who can give them to you one day at a time. If you are on antidepressants, let your caregiver know of your feelings so he or she can provide a safer medicine, if that is a concern.
- Remove weapons or poisons from your home.
- Try to stick to routines. Follow a schedule and remind yourself that you have to keep that schedule every day.
- Set some realistic goals and achieve them. Make a list and cross things off as you go. Accomplishments give a sense of worth.
- Wait until you are feeling better before doing things you find difficult or unpleasant to do. - If you are able, try to start exercising. Even half-hour periods of exercise each day will make you feel better.
- Getting out in the sun or into nature helps you recover from depression faster. If you have a favorite place to walk, take advantage of that.
- Increase safe activities that have always given you pleasure. This may include playing your favorite music, reading a good book, painting a picture, or playing your favorite instrument.
- Do things you enjoy
- Do whatever takes your mind off your depression.
- Keep your living space well-lit.

Get Help - Contact a suicide hotline, crisis center, or local suicide prevention center for help right away.

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Group Health Cooperative of South Central Wisconsin (GHC-SCW)
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 **Group Health
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of South Central Wisconsin

Suicidal Feelings and Resources - Continued

1. Call a suicide hotline:

1-800-273-TALK (1-800-273-8255) - National Suicide Prevention Lifeline

1-800-SUICIDE (1-800-784-2433)

1-888-628-9454 for Spanish-speaking counselors.

1-866-4-U-TREVOR (1-866-488-7386) For lesbian, gay, bisexual, transgender, or questioning youth, contact The Trevor Project

2. Visit the following websites for information and help:

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org

Speaking of Suicide site that is FULL of resources: <https://www.speakingofsuicide.com/resources>

Hopeline: www.hopeline.com

American Foundation for Suicide Prevention: www.afsp.org

Trevor Project – Saving Young LGBT Lives: www.thetrevorproject.org

Now Matters Now - Skills for managing intense emotions: www.NowMattersNow.org

Text Resource: <https://www.crisistextline.org/>

Websites with info on suicide hotlines by city/region of Wisconsin:

<http://www.suicide.org/hotlines/wisconsin-suicide-hotlines.html>

<https://www.preventsuicidewi.org/wisconsin-coalitions.aspx>

3. Text for help:

Text **MATTERS** or **HOME** to **741741** - Crisis Text Line is the free, 24/7, confidential text message service for people in crisis. A live, trained crisis counselor receives the text and responds quickly.

Trevor Project text: Text **START** to **678678**. Available 24/7/365

4. Live Chat:

Trevor Project live chat: www.thetrevorproject.org. Available 24/7/365

Lifeline Crisis Chat: chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx

This is through the National Suicide Prevention Lifeline. Available 24 hours a day.

Chronic Suicide Support Forum can be found at: ChronicSuicideSupport.com

This site offers an opportunity for nonjudgmental, supportive discussion about chronic suicidal thoughts, with others who have experienced them as well.

5. Call GHC:

NurseConnect - for after hours needs: **608-257-9700**

GHC Behavioral Health Department: Call **608-441-3290** to get established with a therapist.

For Non-GHC members, call Journey Mental Health: **608-280-2600**

6. Call 911 or go to the Emergency Department

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