

Suicidal Feelings and Resources



Suicidal Feelings, How to Help Yourself

Everyone feels sad sometimes, but if you think suicide might be the only answer, tell someone right away. You can share your feelings with a family member, friend, teacher or health care provider.

Practical Coping Ideas and Ways to Keep Yourself Safe:

- **Tell someone now:** Tell a friend, family member or staff: *"I'm thinking about killing myself. I need help now."* Don't isolate. Try to talk to someone every day.
- **Make your environment safe:** Put medications, sharp objects, firearms or other items out of reach or ask someone you trust to take them away temporarily.
- Here's a link to the WI gun shop safety and storage program: [Gun Shop Safety and Storage Program | Be There for Wisconsin Veterans!](#)
- **Care for yourself:** Eat regularly and reasonably; get rest (limit time in bed to about 10 hours/day)
- **Delay and distract:** Promise yourself *"I'll wait 20 minutes"* and then do a focused distraction (walk, TV show episode, puzzle, chores, music). Get outside, take yourself on a walk, even simply sitting on your front steps.
- **Grounding yourself in the present (instead of past or future):** Try 5-4-3-2-1 (5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste). Slow your breathing. Do this again to firmly get yourself in the present.
- **Cold water or movement:** Splash water on your face, step outside, pace or do 30 quick jumping jacks. Strong physical sensations can interrupt the intensity of our thoughts.
- **Use a coping kit:** Keep a list/box of things that helped before (photos, comforting object, favorite snack, playlist, activities, phone numbers).
- **Write your reasons for staying:** List 2-3 reasons to stay (people, pets, future plans) and keep it with you.
- **Avoid alcohol/drugs:** These often make you feel worse, decrease inhibitions and increase risk.

Get Help — Suicide hotlines, crisis centers or local suicide prevention centers can 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

Get Help Right Away — Resources

1. Call a suicide hotline:

988 (like 911) — Suicide & Crisis Lifeline

1 (800) 273-8255 — Previous Lifeline phone number remains available to people in distress or suicidal crisis.

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

1 (866) 4-U-TREVOR, 1 (866) 488-7386 — Support for lesbian, gay, bisexual, transgender or questioning youth.

(877) 565-8860 — The Trans Lifeline Hotline is a peer support phone line run by trans people for trans and questioning peers.

2. Visit the following websites for information and help:

National Suicide Prevention Lifeline: <https://988lifeline.org/>

Speaking of Suicide - a website that is FULL of resources: <https://speakingofsuicide.com/resources/>

Hopeline: <https://www.thehopeline.com/>

American Foundation for Suicide Prevention: <https://afsp.org/>

Trevor Project: Saving Young LGBT Lives: <https://www.thetrevorproject.org/>

Now Matters Now: Skills for managing intense emotions: <https://nowmattersnow.org>

Wisconsin County Crisis Lines: <https://www.preventsuicidewi.org/county-crisis-lines>

Trans Lifeline: <https://translifeline.org/>

Dane County Behavioral Health Resource Center (Crisis Resource Page): <https://danebhrc.org/resources>

The JED Foundation (Resources for teens and young adults): <https://jedfoundation.org/the-story-of-jed/>

3. Text for help:

Text HOME to 741741 (<https://www.crisistextline.org/>) — Crisis Text Line is the free, 24/7, confidential text message service for people in crisis. Also available on WhatsApp.

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

988 (<https://988lifeline.org>) — 24/7 crisis chat through the National Suicide Prevention Lifeline.

4. Live chat online with crisis workers:

988 Crisis Online Chat Line (Available 24/7/365): www.988lifeline.org/get-help

Trevor Project Live Chat (Available 24/7/365): www.thetrevorproject.org/get-help

The Chronic Suicide Support: <https://chronicsuicidesupport.com/>. This site offers nonjudgmental, supportive discussion via a moderated forum with others who have experienced chronic suicidal thoughts.

5. Call GHC-SCW:

GHC NurseConnect (After hours and holiday needs): (608) 257-9700.

GHC-SCW Behavioral Health Department (8 a.m. - 5 p.m., M - F): Call (608) 441-3290.

For Non-GHC-SCW patients or members, call Journey Mental Health: (608) 280-2600.

6. Call 911 or go to the closest Emergency Department

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