

Considering Suicide?



QuickAlert

Speak up and reach out. Suicide is not the answer. Call the National Suicide Prevention Lifeline at: **800-273-8255**. See the page below for more ways to find help.

- Remember that the problems that are causing you to think about suicide have solutions.
- Most problems are rarely as severe as they appear initially. Time and changes in circumstances may make current problems seem much smaller and less important in the long run.
- Suicidal thinking is treatable. Don't keep suicidal thoughts to yourself. Get help.
- Don't choose a permanent action to solve a temporary problem.
- If you can't think of solutions to your problems, it doesn't mean there are no solutions. It just means you can't see any solutions yourself right now.
- Most people who think about suicide do so for relatively short periods of time. Suicidal thinking and crisis experiences are time-limited. Circumstances and feelings can change, and unexpected solutions can be found. Don't choose to kill yourself when you have other reasons to live.
- Emotional distress can block our views of life. Reasons to live still exist. You just have to find them again.
- Understand that the impact of your suicide will be profound on those who love you the most. Your loved ones are among the many reasons to live.
- Instead of choosing to die, choose to work on solutions by getting professional help and guidance now.