

SUICIDE AWARENESS & PREVENTION

How to *Help* Yourself

If you're feeling overwhelmed, hopeless, or emotionally distressed, please know you're not alone. There is help, and there is hope.

Speak Up—Reach Out.

If you're struggling, don't keep it to yourself. Talk to someone you trust—a family member, friend, coworker, or EAP counselor. Reaching out is the first and most important step toward healing.

Start the Conversation.

It's normal to feel nervous, scared, or unsure about opening up. But starting the conversation is a powerful act of strength. Even if it feels difficult, simply talking about what you're going through can make a difference.

Be Honest and Direct.

Say what you're feeling—even if it's painful. If you're thinking about harming yourself, let someone know. Being open allows others to understand how serious things are and how they can best support you.

Accept Help and Support.

The people in your life care about you. Let them help. Accepting support doesn't mean you're weak—it means you're human. You deserve compassion, care, and connection..

Stay Connected—Don't Isolate.

When you're feeling low, it may seem easier to withdraw. Please don't. Isolation can make things worse. If you're not comfortable talking to someone you know, reach out to a professional or a crisis line. You're never without options..

Know Your Resources.

Support is always available. From crisis lines to trained professionals, you have access to people who are ready to help—24/7. Your EAP offers free, confidential* support any time you need it.

*EAP counselors have master's degrees and are licensed professionals. Your privacy is protected by strict federal and state confidentiality laws and regulations and by professional ethical standards for counselors. Information you share with the EAP may not be released to anyone without your prior written consent, except as required by law (e.g. when a person's emotional condition is a threat to him or herself or others, or there is suspected child or elder abuse) or the issuance of a court order upon a showing of good cause.