

There is **hope**.
There is **help**.
Recovery is possible.



Life can be overwhelming, and sometimes, it may feel like suicide is the only option. However, even small, positive changes can help the body and mind recover and improve your outlook. This can help you gain distance from the negative emotions that can lead to suicide thoughts.

Scroll down to learn how



It is possible to **manage** and **overcome** thoughts of suicide.

Talk about it



Talking about your feelings and overwhelming situations can:

- help relieve intense emotions
- give you perspective on the situation

Talk to someone you trust or call or text the **988 Lifeline** at 9-8-8 any time.

Seek professional support

Working together, doctors, therapists, and psychiatrists can help:

- determine if there are underlying medical conditions
- add or adjust medications to improve how you feel
- include other effective treatments, such as Cognitive Behavioral Therapy (CBT)



Seek positive supports and activities



Increasing positive influences and activities can help you deal with negative feelings. Great activities to help you get started include:

- journaling
- exercise
- spending time with family and friends
- hobbies
- improving sleep
- eating healthier

988 Lifeline

988 provides emotional, substance use, and developmental disability crisis support and access to treatment services 24/7. Call or text 9-8-8 or chat online

<https://988lifeline.org/>



Veterans Crisis Line

Call, chat, or text if you are a veteran or are concerned about a veteran.

<https://www.veteranscrisisline.net/>

American Foundation for Suicide Prevention

Find support for yourself or someone who may be at risk for suicide.

<https://afsp.org/get-help>



D·B·H·D·D

Georgia
Department of
Behavioral Health
& Developmental
Disabilities

**Office of Federal Grant Programs
& Suicide Prevention**