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

Georgia Department of Behavioral Health & Developmental Disabilities
Office of Behavioral Health Prevention & Federal Grants | Suicide Prevention Program
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 the Georgia Crisis and Access Line (GCAL) at 1.800.715.4225 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
Georgia Crisis & Access Line (GCAL)

GCAL provides emotional, substance use, and developmental disability crisis support and access to treatment services 24/7.

Georgia Crisis & Access Line

1-800-715-4225
mygcal.com

Veterans Crisis Line

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

https://www.veteranscrisisline.net/

Friendship Line

A caring ear and friendly conversation for older adults.

800.971.0016

American Foundation for Suicide Prevention

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

https://afsp.org/get-help