

How to Help Yourself when Feeling Suicidal

Are you feeling suicidal? You are not alone. This could happen to anyone. There might be a number of reasons why you're feeling this way, and many complex factors influencing you. You can help yourself. Here's how:

- (1) **Try calming down.** Many people feel suicidal. Don't be ashamed. You might be struggling to make sense of what's happening to you. You might feel trapped, like there's no way out. But try to remind yourself: this is normal. Your mind is tricking you into feeling helpless, hopeless and worthless. This is a short-lived crisis, and while it is extremely painful, the best way to deal with it is to let the moments pass.
- (2) **Call a loved one,** a trusted friend or family member who will not judge you or make you feel worse. Check if they have the emotional bandwidth to provide emotional support. Tell them what's going on. It will make you feel better.
- (3) **Take care of yourself.** Eat healthy. Don't skip meals. Sleep for 7-8 hours. Have a routine. Exercise 4-5 times a week. Keep yourself busy for 4-5 hours every day. Get in touch with nature. Develop close authentic social relationships. Meditate, pray or find other spiritually enriching activities. Do fun things. Think about all the reasons that make life living, including those who love you, and those whom you love.
- (4) **Don't drink or consume drugs.** This only gives you temporary relief. Being in a state of intoxication can increase your duress and lower your barriers to suicide. Many who complete suicide have alcohol or other substances in their blood.
- (5) **Eliminate access to lethal means.** Get rid of anything you can use to harm yourself at home. This includes pills, razors and other sharp instruments. If you feel you might be reckless on the road, don't drive.
- (6) **Don't stay by yourself.** Ask a friend or family member to come over or go stay with someone till you feel better. Ask them to keep talking to you and ensure you are safe.
- (7) **Have a safety and crisis plan** that you can use when the feelings get intense. Have the number of a friend/therapist/hospital. Think of things, aspirations and people that make you feel safe and provide hope. Think through similar situations in the past when you felt this way and how you coped by relying on your own strengths.
- (8) **Visit a clinic or hospital** if you feel the immediate need to harm yourself or end your life. Get yourself admitted until the danger is averted. Watch out for warning signs like repetitive racing thoughts, inability to sit still, inability to sleep, alcohol/other drug-induced intoxication over days, suffering delusions (false beliefs) that something terrible is about to happen.
- (9) **Call a helpline** to get help from trained suicide prevention professionals who offer free, anonymous, confidential counselling over the phone.