

If You Have Suicidal Thoughts and Feelings

- **Talk with someone every day, preferably face to face.** Though you feel like withdrawing, ask trusted friends and acquaintances to spend time with you. Or continue to call a crisis helpline and talk about your feelings.

OneLife EAP (800) 559-9544

National Suicide Prevention Lifeline 800-273-TALK (8255)

- **Make a safety plan.** Develop a set of steps that you can follow during a suicidal crisis. It should include contact numbers for your doctor or therapist, as well as friends and family members who will help in an emergency.
- **Make a written schedule** for yourself every day and stick to it, no matter what. Keep a regular routine as much as possible, even when your feelings seem out of control.
- **Get out in the sun** or into nature for at least 30 minutes a day.
- **Exercise** as vigorously as is safe for you. To get the most benefit, aim for 30 minutes of exercise per day. But you can start small. Three 10-minute bursts of activity can have a positive effect on mood.
- **Make time for things that bring you joy.** Even if very few things bring you pleasure at the moment, force yourself to do the things you used to enjoy.
- **Remember your personal goals.** You may have always wanted to travel to a particular place, read a specific book, own a pet, move to another place, learn a new hobby, volunteer, go back to school, or start a family. Write your personal goals down.