



## Resources *for Living*<sup>®</sup>

### Reach out

When life feels overwhelming it may be tempting to try and handle it all by yourself. It may even feel easier to be alone. It can feel uncomfortable to let people see you're hurting. But we all need the benefit of connection, especially when we're struggling. If you're having a difficult time, consider reaching out to:

- **Friends or family.** Talk with someone you can trust with your thoughts and feelings.
- **Your family doctor or therapist.** Seek out a trained professional to help you cope with difficult times, stress, depression and thoughts of suicide.
- **Call or text 988** to be connected to a counselor at a nearby crisis center.
- **Resources For Living.** Find help 24/7/365. Speak with a counselor or get help finding a therapist or support group.
- **Call 911 if you are at immediate risk of harming yourself or feel unsafe.**

Reaching out for help is one of the bravest things you can do. Talk to someone when you're starting to feel overwhelmed, sad or anxious. Get assistance and support before it all feels like too much to handle. If you're already feeling you're at risk for suicide, seek help immediately.

**988 is available if you're having thoughts of suicide, feeling emotional distress or struggling with substance misuse. You can get support for yourself or anyone else that may need help and support.**

**We're here to help you find resources and services that fit your needs and preferences. Reach out today.**



### Suicide national awareness resources

Find resources for suicide awareness and prevention with this helpful guide.



### How to reach out for help

It may feel difficult to reach out to let someone know you're struggling, but it's also one of the bravest things you can do. Don't wait for someone else to notice or ask if you need help.



### Suicide awareness

Suicide is a leading cause of death, but one that is generally preventable. We can all work together to save lives. You can make all the difference for someone.



### Register for a live webinar

**Sept 26 @ 3 p.m. ET / 12 p.m. PT**

Suicide is a complex health issue and a leading cause of death in the United States.<sup>1</sup> Understanding and talking more about it can help reduce the stigma and the risks associated with suicide.

<sup>1</sup>Centers for Disease Control and Prevention. Facts about suicide. May 8, 2023. Accessed July, 2023.

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