

Suicide Prevention: Where to find help

Why do I feel this way?

Many people experience suicidal thoughts at some point in their lives. But these thoughts don't have to lead to action, or death by suicide. Often, suicidal thoughts are a way of looking to escape unbearable pain or to solve a problem that seems overwhelming.

If you are feeling like you want to hurt yourself or like you don't want to live anymore, it may mean you have other things going on, like a mental health illness or extreme stress, or you may just need new ways to handle tough times. These problems can be fixed, and you can get help to feel better.

Remember: Thoughts of suicide don't last forever and can change over time. There is help for anyone who feels this way. With the right help and support, you can get better and live a healthy life.

Where can I find help?

If you are having thoughts of suicide or feeling emotionally overwhelmed, please talk to someone. Use the crisis resources listed here, or contact a friend, family member, or someone in the community that you trust. Consider stopping all drug and alcohol use during this time to help you think clearly and make safe decisions. No matter the level of pain you are experiencing *right now*, there is a way through it. **Your life is worth living.**

Treatment for suicide

It can be extremely hard to seek and engage in treatment for suicide when you are feeling deep pain or hopelessness. Past experiences with treatment may not have been helpful. **Don't give up!** There are treatments specifically for suicide and for whatever is driving those thoughts of suicide for you. (See more on page 2.)

Where can I learn more?

- **988 Suicide & Crisis Lifeline:** 988 offers 24/7 access via call, text or chat to trained crisis counselors who can help people experiencing mental health related stress including thoughts of suicide. To access chat services, please visit chat.988lifeline.org/.



- **Behavioral Health Services Navigation 833-442-2211:** Find the right resources at the right mental health resources



- **Intermountain Emergency Services:** Emergency Departments/Access Centers/Crisis Centers:



- **Intermountain Behavioral Health** intermountainhealthcare.org/services/behavioral-health



- **Intermountain Credible Mind.** Resources for mental health and wellness.



You may find therapy, social support, medication, or a combination of these may be most helpful. Ask your provider about their experience treating suicide risk. Ask if they have experience with suicide-specific treatments such as Cognitive Behavioral Therapy for Suicide, or the Collaborative Assessment and Management of Suicidality (CAMS) can help you find the best fit for the care you need.

To support a friend or family member who is struggling, ask directly about suicide. Listen with concern and empathy. Consider calling 988 for ideas on how to support the person you care for. You may consider involving other family members, friends, or community members. Check in with your person after the crisis and encourage ongoing treatment.

Help create a safe environment. When you put time and distance between a person at risk for suicide and the tools they may use for suicide, you can save a life. If possible, temporarily remove or lock up firearms and lethal medications at home.

Tools that can help

- **Safety plan:** While in care, you likely worked with a provider to create a safety plan. Your plan is a problem-solving tool to use if and when you have an emotional crisis. Often, the ability to think and remember during a crisis becomes difficult. A safety plan is a memory aid and checklist of personalized strategies to help identify and manage a crisis.
- **Crisis stabilization:** Thoughts of suicide can come on quickly and can be very intense. During these times it can feel very painful to try to stay alive. It is critical that you not make any major decisions during times of crisis — especially life or death decisions like suicide. Instead, seek care and support so you can stabilize the immediate crisis and consider a plan for any ongoing treatment or support.

It may take a few tries to find the right provider and treatment method for you, but you are worth the effort.

Notes
