



**988** SUICIDE & CRISIS  
LIFELINE

# Your Life Matters: What to Do When Struggling

If you're struggling with thoughts of suicide, you're not alone and help is available. Life can feel overwhelming, and the pain might seem endless. But there are ways through this, and support is here now. Your feelings matter, and so does your life. Talking about these thoughts can be scary, but opening up is often the first step toward relief.

## Recognizing the Warning Signs in Yourself

You might notice changes in your feelings, thoughts, or actions. You may be having thoughts like "I wish I weren't here" or thinking about ending your life. You might feel hopeless, overwhelmed, or numb. Maybe you've withdrawn from others, had mood swings, or used substances to cope. These are real warning signs to take seriously—and you deserve help. Even if you've kept these feelings hidden, support and healing are still possible.

## Why You Might Be Feeling This Way

Suicidal thoughts often come from feeling trapped in a situation that feels impossible to escape. You might be facing grief, trauma, relationship issues, identity struggles, or ongoing mental health challenges. A history of depression, anxiety, substance use, or chronic pain doesn't mean you're broken—it means you're human. These thoughts aren't a failure; they're a sign that deeper care and attention are needed.

## Taking a Step Toward Support

You don't need to figure this out alone. If you're in immediate danger, call or text 988 to reach the Suicide & Crisis Lifeline—free, confidential, and available 24/7. You can also reach out to someone you trust, make an appointment with a mental health professional, or visit a doctor. It might feel like nothing can change, but many people who've felt suicidal have gone on to find peace, connection and meaning again. You deserve that too.

## What You Can Do Right Now

Until you're able to connect with professional help, try to take small but meaningful steps to protect yourself. Avoid alcohol and drugs, stay connected to safe and supportive people, and remove anything that could be used to harm yourself. You might find it helpful to write down what you're feeling or to create a safety plan with someone you trust. Most importantly, remember that suicidal thoughts can come and go—they don't define who you are, and they don't have to win. You are truly worth fighting for, even if it doesn't feel that way right now.

**If you are struggling with issues or have had suicidal thoughts, reach out to your BHS Care Coordinator by calling 800-245-1150 to be provided with resources. BHS is available 24 hours a day, 7 days a week.**