

Suicide and Suicidal Thoughts

Suicide is a tragic reaction to stressful life situations - and all the more tragic because suicide can be prevented. Whether you're considering suicide or know someone who feels suicidal, learn suicide warning signs and how to reach out for immediate help and professional treatment. You may save a life - your own or someone else's.

It may seem like there's no way to solve your problems and that suicide is the only way to end the pain. But you can take steps to stay safe - and start enjoying your life again.

If you're feeling suicidal, or someone you care about is in a life-threatening situation – call 911 immediately.

If you have suicidal thoughts, but you aren't immediately thinking of hurting yourself:

- Reach out to a close friend or a loved one - even though it may be hard to talk about your feelings
- Contact a minister, spiritual leader or someone in your faith community
- Call a suicide hotline (National Suicide Prevention Lifeline 800-273-8255)
- Make an appointment with your doctor, other health care provider or mental health provider

Suicidal thinking doesn't get better on its own - so get help.

- **Get the treatment you need.** If you don't treat the underlying cause, your suicidal thoughts are likely to return. You may feel embarrassed to seek treatment for mental health problems, but getting the right treatment for depression, substance misuse or another underlying problem will make you feel better about life - and help keep you safe.
- **Establish your support network.** It may be hard to talk about suicidal feelings, and your friends and family may not fully understand why you feel the way you do. Reach out anyway, and make sure the people who care about you know what's going on and are there when you need them. You may also want to get help from your place of worship, support groups or other community resources. Feeling connected and supported can help reduce suicide risk.
- **Remember, suicidal feelings are temporary.** If you feel hopeless or that life's not worth living anymore, remember that treatment can help you regain your perspective - and life will get better. Take one step at a time and don't act impulsively.

Extra support/Help for AVC Students

If you think you need help and need to talk, you can utilize TimelyCare Telehealth *TalkNow* for AVC Students. *TalkNow* is free, 24/7/365, on-demand access to a mental health professional to talk about anything at any time. Students can choose to have 12 sessions per year with the same certified licensed counselor at no cost.

Click [here](#) to register for and access telehealth services. You can then have visits from any web-enabled device throughout the United States – smartphone, tablet, laptop, or desktop. You must use your legal name as listed in Banner to create a profile. You may then change to a preferred name. Please call TimelyCare Customer Support at (833) 484-6359 if you are looking for a therapist that meets your specific criteria, so you get the right support for you.