

## ***Self Help Tips for Coping with Suicidal Thoughts***

1. Tell someone who can help. You may not be able to fully articulate how you are feeling to a friend or family member, but they will understand that you have been considering suicide. In addition, if you do not know who to go to for help, someone else may be able to provide you with direction.
2. Remove any items in your home that can be used to attempt suicide. Suicide is not normally a planned event and is usually an impulsive reaction to continuous stressors coupled with hopelessness about the future. Removing knives, firearms, and anything else that can be used to kill yourself will protect you from making a rash and irreversible decision.
3. Avoid any alcohol or illicit drugs. Many substances can facilitate suicide attempt.
4. Make a written schedule for yourself every day and stick to it no matter what. Set priorities for the things that need to be done first. Cross things out on your schedule as you accomplish them. A written schedule gives you a sense of predictability and control. Crossing out tasks as you complete them gives a feeling of accomplishment. And while you're at it, don't forget to schedule enjoyable activities.