

# Need help?

Whenever you feel overwhelmed and need help you may find yourself too distracted to focus on what you need to do in time of crisis, here's a list of direct support, when you need it the most!

Feeling cross?

1

See if you can write down or say what you are cross about. Being cross blows things out of proportion so have a break from feeling angry. Go for a walk, have a few moments to think about something else, practice saying what you want to say aloud and then see if you can make it sound reasonable rather than angry.

In case of emergency call 911 or National Suicide Prevention life-line on 1-800-273 TALK (8255)

Feeling sad?

2

See if you can make time for yourself. It might be that it's important to feel sad, such as when you are grieving for someone and it's often helpful to share the sadness with someone else. Can you talk to a friend about your sadness? Stay connected, talk to someone.

Safe Place 1-888-290-7233 Helpline.com 1-800-784-2433  
www.crisischat.com to chat with crisis centres around the U.S.

In case of emergency call 911 or National Suicide Prevention life-line on 1-800-273 TALK (8255)

It's going wrong!

3

Things that go wrong can often be put right. Does it need to be put straight away or can it wait a little? Do you need to focus on overall problem rather than small detail? Are you aiming for perfection?

Know your limits and accept them. Try to talk it over with someone. An objective view is often very helpful. Try and rate how big an effect it "all going wrong" might have. Sometimes we can overestimate the significance of making a mistake.

In case of emergency call 911 or National Suicide Prevention life-line on 1-800-273 TALK (8255)

Feeling stressed?

4

Have a break from the thing that's making you stressed. Can you practice to say out loud the things that make you stressed? If your friend was saying these things, what would you say to them? You'd probably be comforting and compassionate. When we're stressed we think of the worst. Try to calm yourself, go for a walk, listen to some music, exercise.

Safe Place 1-888-290-7233

In case of emergency call 911 or National Suicide Prevention life-line on 1-800-273 TALK (8255)



### Feeling numb?

5

Some people say that self-harm makes them feel something rather than numb or empty, but it's vital you get a professional help if when you feel nothingness because it still carries risk of self-harm, even though you may think you'd never do such thing. Talk to someone you trust and who gives you support.

Safe Place 1-888-290-7233 Helpline.com 1-800-784-2433  
www.crisischat.com to chat with crisis centres around the U.S.

In case of emergency call 911 or National Suicide Prevention life-line on 1-800-273 TALK (8255)

### Breaking habits.

6

Stress is a part of life. We cannot escape it, it appears when we least expect it. It always comes back, it is circular, but as long as we do the same things over and over, we'll never break the habit. Elbert Einstein once said that "we can't solve problems by using the same kind of thinking we used when we created them."

In case of emergency call 911 or National Suicide Prevention life-line on 1-800-273 TALK (8255)

### Relationships.

7

When friendships and relationships aren't going so well it can make us feel really upset. Ask yourself a question, how do you communicate? Can you change the way you say something? Can you think about things from an observer's perspective? Does this give you a different view on the relationship?

www.loverespect.org text LOVEIS to 22522 or call 1-866-331-9474 to talk with a peer advocate to prevent or end abusive relationship.

In case of emergency call 911 or National Suicide Prevention life-line on 1-800-273 TALK (8255)

### General advice.

8

There can be a number of reasons why people stress and self-harm. It's helpful to know why you do because but once you do, you can learn ways to change. You can calm harm - give yourself a chance. Keep a diary of when you feel stressed and know what sorts of triggers there may be.

In case of emergency call 911 or National Suicide Prevention life-line on 1-800-273 TALK (8255)