

5 Action Steps for Helping Yourself



If you need help now, please call or text the Idaho Suicide Prevention Hotline at 988

Here are 5 steps you can take to help yourself:

- 1. Find a therapist or support group.** Speaking to someone, whether by going to a therapist or by attending a support group, can help you feel better and improve your mental health.
- 2. Build a support network.** Relationships with friends, family, and significant others that build on trust and companionship are a protective factor against suicidal thoughts and behaviors. It is important to find the people in your life that you can confide in, feel comfortable around, and can contact at any time. Surround yourself with positive people who motivate you to do your best. Whether your community is at work, school, church, or a club or a team, having a group of people who encourage help-seeking and support is one of the most important aspects of suicide prevention.
- 3. Use your support network.** Leaning on your support network can help you cope during difficult moments and is an important step in getting help and moving forward.
- 4. Make a safety plan.** A safety plan is designed to guide you through a crisis. As you continue through the steps, you can get help and feel safer. Read on to find more information about creating a personal safety plan.
- 5. Get more information.** Additional information is available at <https://suicidepreventionlifeline.org/help-yourself/> , <https://themighty.com/suicide/> , the Suicide Prevention Resource Center at <https://www.sprc.org/> , and through the Substance Abuse and Mental Health Services Administration (SAMHSA) at <https://www.samhsa.gov/find-help/suicide-prevention>

How to Create a Personal Safety Plan

1. **Recognize your personal warning signs:** What thoughts, images, moods, situations, and behaviors indicate to you that a crisis may be developing? Write these down in your own words.
2. **Use your own coping strategies:** List things that you can do on your own to help you not act on urges to harm yourself.
3. **Socialize with others who may offer support as well as distraction from the crisis:** List people and social settings that may help take your mind off difficult thoughts or feelings.
4. **Contact family members or friends who may help to resolve a crisis:** Make a list of people who are supportive and who you feel you can talk to when under stress.
5. **Contact mental health professionals or agencies:** Make a list of names, numbers and/or locations of clinicians, local emergency rooms, and crisis hotlines. Put the Lifeline number, 988 into your phone.
6. **Ensure your environment is safe:** Have you thought of ways in which you might harm yourself? Work with a counselor to develop a plan to limit your access to these means.



For more information, contact Alayna Hallmark, Suicide Prevention Program Coordinator, at (208) 239- 5252 or ahallmark@siph.idaho.gov