



*treatment, recovery and prevention services*

**If you or someone you love is at the risk of suicide or in crisis  
please call the National Suicide Prevention LIFELINE:  
1-800-273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

## **HOW TO GET UP WHEN YOU ARE FEELING DOWN**

- ➔ Get your feelings out. Express yourself. Acknowledge your pain. Talk about it with someone. Write about it. Shout about it. Sing about it.
- ➔ Remember that even though the pain you are feeling right now might seem very deep, it may not be permanent. While your loss might not be replaceable, it may be tempered by time and balanced by staying connected with people and places in your life that remain unbroken. Give yourself some time to grieve your loss.
- ➔ Stay active. Ride a bike. Go for a walk. A little exercise can carry you a long way.
- ➔ Avoid isolating yourself. Share quality time with friends. There is no law that says unhappy people can't go out and have fun.
- ➔ Take care of yourself even if you don't feel like it. Eat three meals a day. Get enough sleep. If it's raining, put your hat on.
- ➔ Slow down. Check your stress level. Don't forget to breathe.
- ➔ Help your body to stay on speaking terms with your mind. Make an appointment for a routine physical exam with a medical care provider that you can really trust and talk with.
- ➔ Stay away from alcohol or other drugs. Drinking alcohol is guaranteed to make you depressed because it is a central nervous system depressant.
- ➔ Ask for the help of others. People care about you and they would love the chance to be there for you. Support is something everyone deserves. And by the way, seeing a counselor does not mean you are crazy.

- ➔ Take some time to remember the good things about yourself. Self-esteem is a gift that you give to yourself - Please be generous.
- ➔ Go easy on yourself. Give yourself a chance to be human. Everybody makes mistakes. Perfection only happens in the movies.
- ➔ Keep in mind that you are not responsible for the problems of others.
- ➔ Seek until you find your passion. Make a real connection with an activity, a sport, or an art form that makes you feel alive.
- ➔ Switch gears. Break your routine. Make a conscious choice to refrain from saying anything negative for at least 24 hours.
- ➔ Make a difference. Do something positive for someone else.