

Help is out there.



Reach Out

There are a lot of ways to find help when you or someone you know is struggling. It's important to find a resource that works for you. That may be support from a loved one or professional, for example, or an internal coping skill, supportive group, or online resource. Here are a few ideas:

- Talk with a person you trust
- Share with someone how you'd like to be supported (i.e., ask for what you need)
- Visit a counseling center or health clinic
- Check out local and online support groups
- Consider self-care techniques
- Find an Active Minds campus chapter

If you or a friend are thinking or talking about suicide, find support immediately by contacting the Crisis Text Line (text "BRAVE" to 741-741) or the National Suicide Prevention Lifeline (1-800-273-TALK). They are available to you and your friend 24/7.

