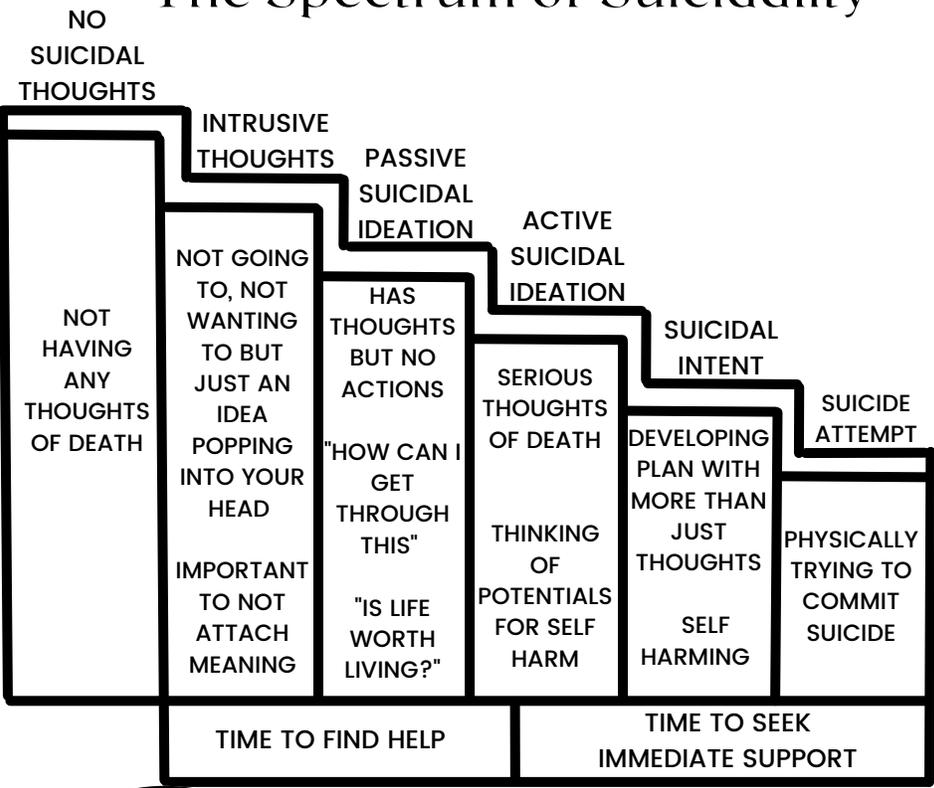


The Spectrum of Suicidality



Need to Talk?

1-800-370-9085

NAMI Compass Helpline
Mon-Fri 9am-5pm

1-800-562-0112

Clinical Support Options
(CSO) Crisis Line

1-866-488-7386

The Trevor Project
LGBTQIA Crisis Line

1-800-407-4515

NAMI Peer Support Warmline
Mon-Thurs 7am-9pm
Fri-Sun 7am-10pm

These lines are state/local lines, which do not contact police automatically

FOR YOUTH

Support for Self Harm and Suicidal Ideation

HOW COMMON ARE YOUR FEELINGS?

You are not alone! This is very common - more than 2/3 of youth in MA report feeling sad, depressed, lonely, anxious or hopeless almost daily right now. Leading research estimates 1/4 of young people experience suicidal thoughts at some point growing up. And over 3/4 of LGBTQ youth reported having these emotions. BUT you do not have to struggle alone! There are lots of methods to healing and feeling better again.

NOT FEELING SAFE RIGHT NOW?

Find an someone to talk to or be around like:

- Parent/Guardian
- Friends Parent/Guardian
- Guidance Counselor or Therapist
- Teacher, Coach, Mentor, Neighbor
- Crisis/ Warm Help Line

SAFE AND HEALTHY ALTERNATIVES

Instead of dangerous self harm, you can:

Hammer nails into wood or a tree

Finger paint with black and red

Draw on your skin with a sharpie

Smash ice or playdough on the ground

Squeeze an ice cube or frozen orange

Snap a rubber band on your wrist

HOW TO TELL MY PARENTS/GUARDIANS?

Not everyone will react the way you are wanting, but don't let this discourage you, there are lots of people out who want to help. **YOU DESERVE HELP AND SUPPORT** - Think about who you're going to talk to and what you're going to say. Writing it down before hand might make it easier to get the words out. If its helpful, use the graphic on the other side of the page to explain your feelings. Think about the first time you felt this way and how often these feelings arise for you. See if you can discover **WHY** you might struggling or what some of the triggers might be for you.

HOW DO I STOP UNSAFE BEHAVIOR? HOW DO I REACH FOR HELP?

Using safer alternatives instead of dangerous self harm can be a way to get almost the same release without doing damage to your body. Talking to trusted adults is your first step, whether it be your doctor, school counselor, teacher, coach, mentor or your parent/guardian. Having a strong support network is key. Check out online support groups or group therapy sessions, websites from trusted sources and local agencies to see what youth mental health supports they offer. **Remember, you deserve help and you do not have to struggle alone.** Start with your doctor, school nurse or counselor or local youth serving agency (like Big Brother Big Sisters) if you're looking for a place to start seeking some support.

Support for Self Harm and Suicidal Ideation

FOR
YOUTH

THERAPY

Therapy is often the best way to heal. Talking to a therapist can be really helpful but they can be hard to find sometimes. Start by talking to a trusted adult who can help you know where to start looking for a therapist and learn how to get connected.

SUPPORT GROUPS

- **Western Mass NAMI Connection Support Group** - Mondays and Wednesdays over zoom from 6-7:30 Find out more at namiwm.org/support
- **TREVORspace** - online social media platform for LGBTQ youth with "clubs" for mental health support and hobbies
- **TeenTribe** - online peer-to-peer support group for teens with mental health challenges divided into different categories

TECHNOLOGY

Headspace- free-fitness app w/ meditation, workouts, other cool supports
7 Cups- free- 24/7 chat support for teens from trained peer listeners
Mindshift- free- teaches behavioral therapy skills to support mental health
What's Up- great mood tracking app
TalkSpace- fee for service- #1 text/voice/video therapy sessions 24/7!
Daylio Journal- free- mood tracker and journaling app
GoodLife NextStep- free- mood tracking and positive social media
Calm Harm- free- provides tasks to resist or manage self harm
I am - Daily Affirmations- empowering and encouraging daily affirmations



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