

Stop! Don't End It All: Consider These Alternatives to Suicide

Suicide is a serious problem, but there are alternatives. If you are struggling with suicidal thoughts, please reach out for help. There are people who care about you and want to help you get through this tough time.

Here are some alternatives to suicide that you can consider:



STOP, Don't End It All, Consider This! by Gonzalo Sanabria

★★★★★ 5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
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- **Talk to someone.** This could be a friend, family member, therapist, or anyone else you trust. Talking about your feelings can help you to feel less alone and overwhelmed.
- **Call a crisis hotline.** There are many crisis hotlines available 24/7. These hotlines are staffed by trained professionals who can provide support and guidance.

- **Use an online chat service.** There are many online chat services that provide support to people who are struggling with suicidal thoughts.
- **Read a book or watch a movie about suicide.** There are many books and movies that can help you to understand suicide and to find hope.
- **Join a support group.** Support groups can provide you with a safe and supportive environment to share your experiences with others who understand what you are going through.
- **See a therapist.** A therapist can help you to identify the root of your suicidal thoughts and to develop coping mechanisms.
- **Take medication.** Medication can help to treat the underlying mental health conditions that may be contributing to your suicidal thoughts.
- **Take care of yourself.** Eating healthy, getting enough sleep, and exercising regularly can all help to improve your mental health.

If you are struggling with suicidal thoughts, please remember that you are not alone. There are people who care about you and want to help you get through this tough time. Please reach out for help.

Resources

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text "HOME" to 741741
- The Trevor Project: 1-866-488-7386
- American Foundation for Suicide Prevention: 1-800-273-8255
- Suicide Prevention Resource Center: 1-800-273-8255

Additional Reading

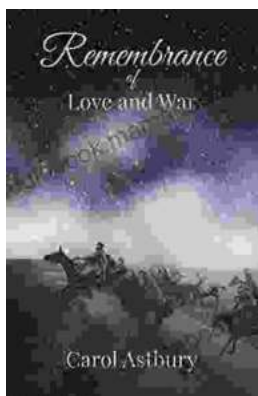
- Suicide Prevention: What You Need to Know
- Suicide: Symptoms and causes
- Suicide Prevention: What to Do If You're Thinking About Suicide



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