

There is **hope**.
There is **help**.
Recovery is possible.



Life can be overwhelming, and sometimes, it may feel like suicide is the only option. However, even small, positive changes can help the body and mind recover and improve your outlook. This can help you gain distance from the negative emotions that can lead to suicide thoughts.

Scroll down to learn how



**Georgia Department of Behavioral Health
& Developmental Disabilities**
Office of Behavioral Health Prevention &
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It is possible to **manage** and **overcome** thoughts of suicide.

Talk about it



Talking about your feelings and overwhelming situations can:

- help relieve intense emotions
- give you perspective on the situation

Talk to someone you trust or call the **Georgia Crisis and Access Line (GCAL)** at 1.800.715.4225 any time.

Seek professional support

Working together, doctors, therapists, and psychiatrists can help:

- determine if there are underlying medical conditions
- add or adjust medications to improve how you feel
- include other effective treatments, such as Cognitive Behavioral Therapy (CBT)



Seek positive supports and activities



Increasing positive influences and activities can help you deal with negative feelings. Great activities to help you get started include:

- journaling
- exercise
- spending time with family and friends
- hobbies
- improving sleep
- eating healthier

Resources

Georgia Crisis & Access Line (GCAL)

GCAL provides emotional, substance use, and developmental disability crisis support and access to treatment services 24/7.



Veterans Crisis Line

Call, chat, or text if you are a veteran or are concerned about a veteran.

<https://www.veteranscrisisline.net/>

Friendship Line

A caring ear and friendly conversation for older adults.

[800.971.0016](tel:800.971.0016)

American Foundation for Suicide Prevention

Find support for yourself or someone who may be at risk for suicide.

<https://afsp.org/get-help>



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