

# Never Alone

"You are worth finding. Worth knowing. Worth loving. You and all your one million layers."

Hey Cougars! This month our focus is on healthy ways to cope with suicidal thoughts and how to help others struggling. Remember that you are so incredibly loved & wanted!♡♡ Love, Your Mental Health Committee & Mental Health Specialists

Help for struggling with depression and suicidal thoughts:

- It is OK and good to reach out for help
  - Talk to a family member, friend, professional, or trusted adult
- Find things that make you happy
  - Hobbies or activities that bring you joy
  - Think about what has gotten you this far
    - You are alive and making it
- Create a safe environment
  - With a trusted adult, remove certain items from your space that could be used to hurt yourself
  - Or, remove yourself from the situation
    - Ask a family member or friend for help to go somewhere else
- Seek professional help
  - Talk to a doctor, nurse, psychiatrist, or mental health specialist
- Create strategies that help you cope with different situations
  - What helps you feel better in times of crisis?
- Seek human contact, especially eye contact
  - Surround yourself with people you love

**National suicide prevention crisis line:**

**1-800-273-TALK (8255)**

**Crisis Line:**

**1-866-427-4747, to speak with an adult crisis expert**

**Crisis Text Line:**

**Text "Home" to 741741**

**Call Teen Link:**

**206-461-4922, 6:00-10:00 pm nightly, staffed by teens.**

**Text Teen Link:**

**866-833-6546, 6pm-9:30pm**

**you are enough.**

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Ways to support someone struggling with suicidal thoughts:

- Let them know you care and want them
  - Remind them they are not alone/and that you are there for them and won't leave them.
  - Reassure that it will get better/ that they will be okay, and that this is not the end
- Listen to them, be there for them
  - Be non-judgemental
  - Remember their feelings are valid
- Help them work through one hour or one day at a time
  - Provide encouragement, love, and support day by day
- Encourage them to seek professional help
- Ask them what you can do
  - Don't assume what they need
  - Reach out to a trusted adult or one our mental health specialists to consult or refer a friend



National Suicide Prevention Lifeline:  
**800-273-8255**

♥click the link below to watch this minute video for more encouragement to share: <https://video.link/w/6v1Lb>

**The Trevor Project:**  
**1-866-488-7386**

Crisis and Suicide Prevention line for those  
in the LGBTQ+ community  
<https://www.thetrevorproject.org>

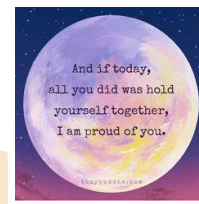
**“Now Matters Now”**--Support, coping skills, & personal stories of teens  
who have survived and thrived

<https://www.nowmattersnow.org/skill/young-ambassador>

*you have*  
**PURPOSE**

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Thank you  
for being  
in my life.



I WISH I COULD  
SHOW YOU, WHEN YOU  
ARE AT YOUR DARKEST,  
HOW BRIGHT YOU MAKE  
THE WORLD FOR ME  
AND HOW HAPPY I AM  
THAT YOU ARE HERE.



to that one soul  
reading this  
I know you're tired  
you're fed up  
you're so close to breaking  
but there's strength within you  
even when you feel weak  
keep fighting

*You are strong  
enough to face  
it all, even if it  
doesn't feel  
like it right  
now.*

Remember the time  
you thought you  
never could survive?  
You did, and you can  
do it again.



YOU ARE NOT A BURDEN.

A message of encouragement for anyone struggling, it is not a mistake you are reading this, this is for you. We want you here, and are so happy you are here. We see you, we care about you, and are so proud of you. You are so courageous. You're gonna be OK. You're gonna make it through this storm, and know that you never have to do it alone. There is so much help & support for you ♡ **I know you may be struggling right now to see hope and just how wonderful you are, so I will remind you and tell you everything loving, incredible, true, and worthy I see about you.**

- You matter. You are worthy of love and belonging. You have so much value, and purpose. You are so good. You are important.
- You are unique and brilliant. You have so much to offer, that only you can give this world. You are not a disappointment. You are a light.
- This battle day and night, is only a chapter of your story. This is not the end. And you will survive. You will come out of this storm stronger. Things will get better.
- You make the world, our community & all your family & friends lives better just by being in it.
- There are so many people who love you, and care about you and want to help you, even if you can't see it, I promise you it's true. You are so lovable and loved, so wantable and wanted.
- You are so brave and strong, you are never a burden, you will make it through this storm, we believe in you. ♡ There is hope always. You are never alone.

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The ACCEPTS acronym is a resource that lists ways to help temporarily distract yourself from unpleasant emotions

**Activities:** -require thought & concentration -get blood pumping -from enjoyable hobby to intense exercise

**Contribute:** -focus on someone or something else (other than the situation) -act of kindness or volunteer

**Compare:** -compare to a more difficult situation

**Emotions:** -create a competing emotion -listen to calming music, watch a funny movie or cute videos

**Pushing Away:** -push negative thoughts out of your head (imagine writing down, crumpling & throw away)

**Thoughts:** -change to logical thoughts when overwhelmed -count to ten, read a book, sing a song

**Sensations:** -distract yourself with physical sensation -take a cold shower, hold ice cube, eat something sour, do a short but intense workout

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## **Distress Tolerance Box:**

Items that engage your 5 senses: touch, taste, sight, hearing, and smell

- Art supplies: paint, markers, paper, etc.
- Journal, pens, pencils
- Favorite magazine, book, comic book
- Silly puddy, fidget toys, playdough, clay
- Favorite snack, candy, gum
- Aromatherapy or anxiety bracelet

The Distress Tolerance box (DT box) is a distraction tool towards negative thoughts and feelings. The DT box helps bring healthy coping skills during times of distress. When beginning to feel overwhelmed, the DT box helps you to find positive ways to cope with negative thoughts. Remember to keep your DT box in a location that is easily accessible to you (like your bedroom) when feelings of distress begin to arise.

These are great resources suggested by our mental health specialists! Remember you can always reach out & talk to them:  
[ginaf.nyfs@gmail.com](mailto:ginaf.nyfs@gmail.com) & [kendra.nyfs@gmail.com](mailto:kendra.nyfs@gmail.com)

## **The Hope Box:**

- Special cards, letter, and notes
- Inspiring quotes, poems, and articles
- Lists of goals and dreams
- Photos of loved ones
- Anything that makes you want to live
  - Items you love
  - Things that give you hope

The hope box helps when feeling distressed, depressed, or suicidal. The box challenges negative thoughts by creating an optimistic state of mind.

(There is also a virtual hope box app)