

HIGH INTENSITY GUIDE

Get help now
#988 (Call or Text)

When Your Feelings are **DISRUPTIVE** and **OVERWHELMING**

Feeling sad is a normal part of life. However, sometimes it can become overwhelming, disrupting our daily life. Our feelings could be deep and sometimes even dark. It may be time for you to take action-today.



QUICK TIPS

- You don't have to walk this path alone.
- Reaching out for help is brave.
- Consider your physical, social, and spiritual health.
- Help is available for your today!

Action Steps (CHOOSE 5 THIS WEEK)

- | | |
|------------------------------------|---|
| <input type="checkbox"/> REACH | Call/Text #988 |
| <input type="checkbox"/> LIST | Make a list of trusted people in your life you could talk to. |
| <input type="checkbox"/> HEALTH | Make a healthy food choice (eg. choose a fruit over chips). |
| <input type="checkbox"/> ACTIVITY | Go for a walk today. Get your body moving. |
| <input type="checkbox"/> SLEEP | Go to bed early tonight. |
| <input type="checkbox"/> SHARE | Let a trusted friend know how you're really doing. |
| <input type="checkbox"/> IDENTIFY | Identify negative thoughts that may be untrue. |
| <input type="checkbox"/> SPIRITUAL | Connect with your faith for emotional support. |
| <input type="checkbox"/> TASK | Accomplish one task. Stop and celebrate! |
| <input type="checkbox"/> JOY | Do something that brings you joy + comfort. |
| <input type="checkbox"/> COUNSEL | Make an appt. with a professional counselor today. |

Remember

Thank you for seeking out help and support! If you are depressed or having suicidal thoughts, please reach out for help right now. This can be as simple as connecting with a trusted friend or letting a family member know what's going on. You can also call or text #988.

Whatever you choose, know that the future is brighter with you in it. Hope is possible and help is available right now.