

**How to help
yourself when
suicidal thoughts
occur?**



Each of us may encounter difficulties that we feel are overwhelming and insurmountable. In periods of such deep despair, our thoughts often become a stormy ocean full of thoughts of resignation.

It's normal to feel mentally exhausted at times, but it's important not to downplay these thoughts. If you feel that you are at a point where suicidal thoughts are becoming more and more dominant, allow yourself to give yourself the option and chance to believe that there is hope and help is available.

1. Don't downplay your emotions

The first step to helping yourself is to accept and understand your emotions.

Mental exhaustion is an important sign that something is wrong and that you need support. Don't try to ignore or suppress your feelings, as they may escalate and deepen your suffering.

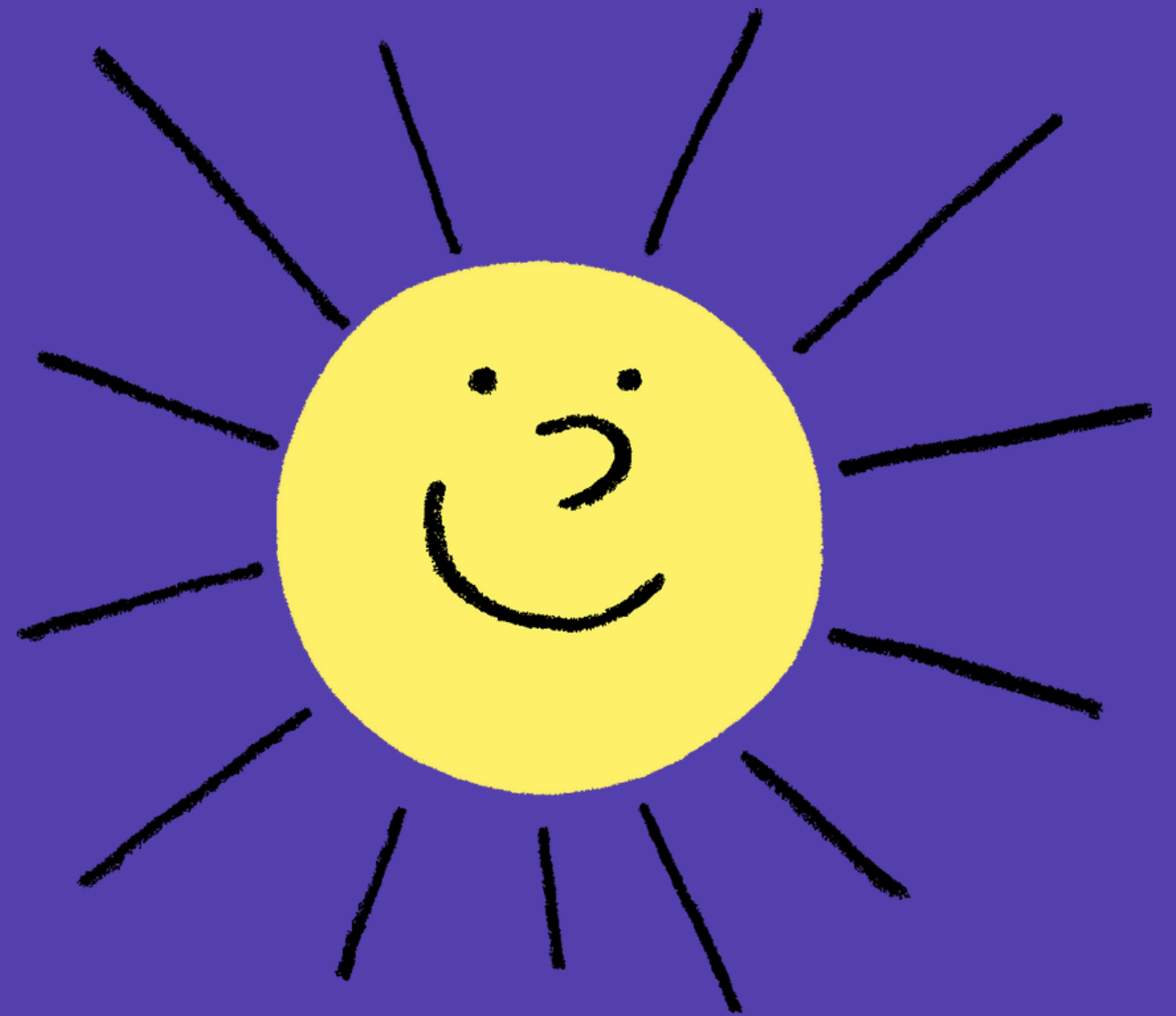
Allow yourself to honestly reflect on what is overwhelming you and try to identify the causes of your thoughts of resignation.



2. Find trusted people to talk to

Loneliness may increase the feeling of mental exhaustion, emptiness and lack of meaning. Try as best you can to turn to or find trusted people with whom you can share your emotions and thoughts.

These may be friends, family or professionals. Talking about your problems can not only ease the feeling of burden, but it will also allow you to gain new perspectives and support.

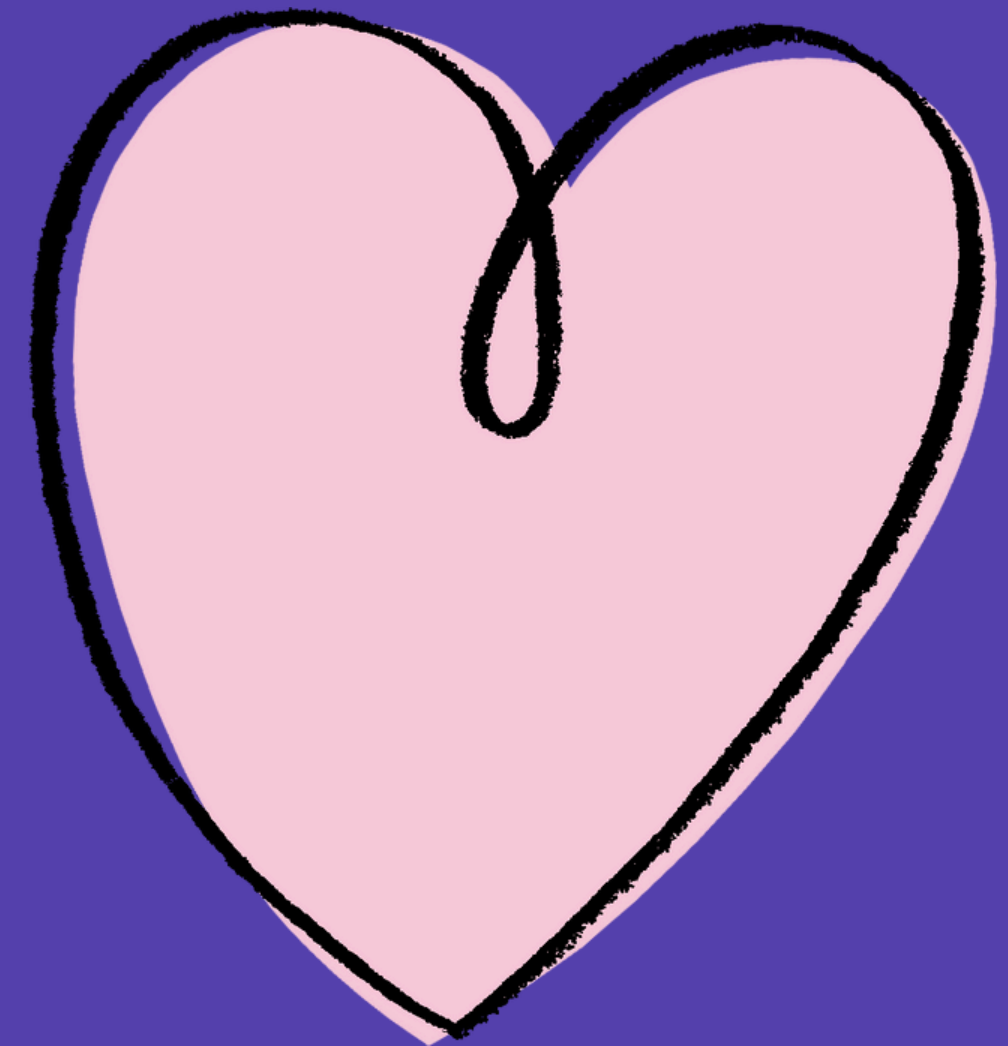


3. Seek professional help

If thoughts of giving up persist and continue to intensify, do not hesitate to seek professional help.

A psychotherapist, psychiatrist or psychologist can be a key support in your journey to understanding the reason for your well-being.

Therapy can help you understand the deeper causes of your suffering and teach you effective coping strategies.

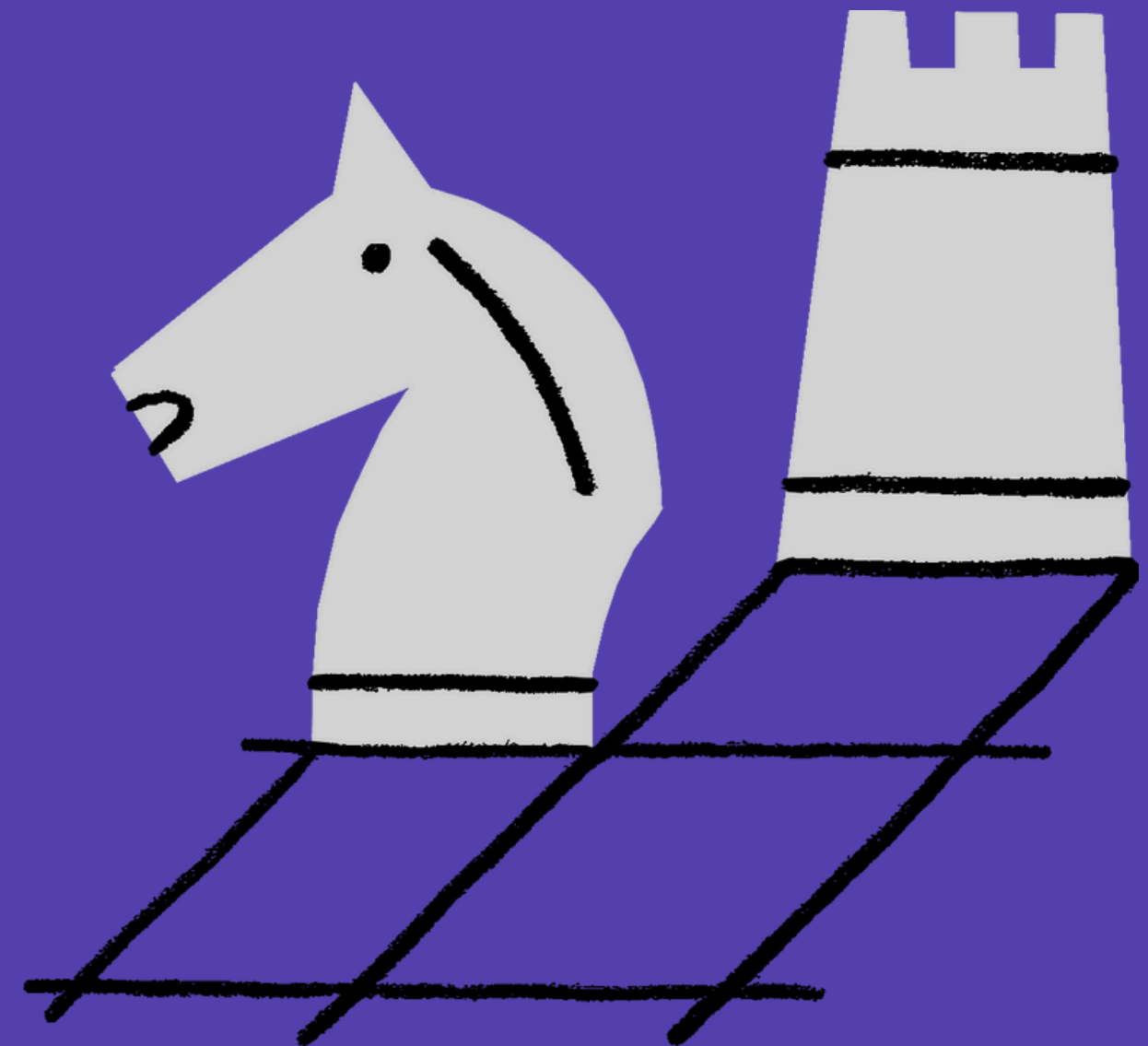


4. Avoid isolation

When you feel suicidal, you may believe that isolating yourself from others and hiding your feelings is the best solution.

However, isolation can only increase your feelings of loneliness and hopelessness. Try to keep in touch with your loved ones, even if it's just a short phone call.

Spending time together with others can take your mind off difficult problems and bring relief.



Mental exhaustion and suicidal thoughts are very serious and difficult experiences, but there are many ways to help yourself. Remember that accepting your emotions, talking openly with people you trust and seeking professional help are steps that can take you on the path to mental health.

It is also important not to downplay your feelings and understand that by talking openly about your suffering, you can find support and hope for the future. You are not alone - there are people ready to help and support you. These people want to understand what you feel and be with you in those moments of doubt.



Are you looking for help?

Remember that HearMe is here for you and our team of specialists is ready to provide you with the help you need.

