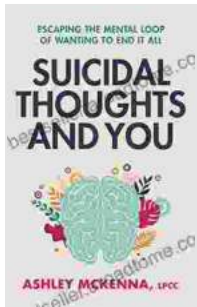


# Escaping the Mental Loop of Wanting to End It All



## Suicidal Thoughts and You : Escaping the Mental Loop of Wanting to End It All by Ashley McKenna LPCC

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1526 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 152 pages
Lending	: Enabled



If you are struggling with suicidal thoughts, know that you are not alone. Suicidal ideation is a common mental health issue that affects millions of people each year. While it can be a scary and overwhelming experience, it is important to remember that there is hope. With the right help and support, you can overcome suicidal thoughts and get your life back on track.

## Understanding Suicidal Thoughts

Suicidal thoughts are unwanted and intrusive thoughts about ending your life. They can range from fleeting thoughts to detailed plans. Suicidal ideation can be caused by a variety of factors, including mental illness, trauma, and substance abuse. It is important to remember that suicidal

thoughts are not a sign of weakness or failure. They are a symptom of a mental health issue that needs to be treated.

If you are experiencing suicidal thoughts, it is important to seek help from a mental health professional. A therapist can help you understand the causes of your suicidal thoughts and develop strategies for coping with them.

## **Developing a Safety Plan**

One of the most important things you can do if you are struggling with suicidal thoughts is to develop a safety plan. A safety plan is a list of steps you can take to keep yourself safe when you are feeling suicidal. Your safety plan should include:

- A list of people you can call for support when you are feeling suicidal.
- A list of activities that you can do to distract yourself from suicidal thoughts.
- A plan for what you will do if you feel like you are going to act on your suicidal thoughts.

Your safety plan should be tailored to your individual needs. Talk to your therapist or other mental health professional about developing a safety plan that is right for you.

## **Getting Help**

If you are struggling with suicidal thoughts, it is important to get help. There are many resources available to you, including:

- Mental health professionals, such as therapists and counselors

- Crisis hotlines, such as the National Suicide Prevention Lifeline (1-800-273-8255)
- Support groups, such as the American Foundation for Suicide Prevention (AFSP)

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

### **Breaking the Cycle of Suicidal Thoughts**

Overcoming suicidal thoughts can be a long and difficult process, but it is possible. With the right help and support, you can break the cycle of suicidal thoughts and get your life back on track.

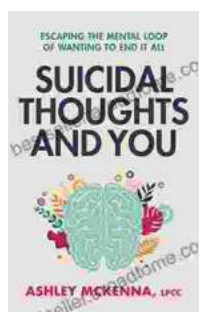
Here are some tips for breaking the cycle of suicidal thoughts:

- Talk to someone you trust about your thoughts and feelings.
- Develop a safety plan to keep yourself safe when you are feeling suicidal.
- Seek professional help from a mental health professional.
- Engage in self-care activities that make you feel good.
- Set goals for yourself and work towards them.
- Find meaning and purpose in your life.

Breaking the cycle of suicidal thoughts takes time and effort, but it is possible. With the right help and support, you can overcome suicidal thoughts and live a full and happy life.

## Resources

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- American Foundation for Suicide Prevention: <https://afsp.org/>
- Suicide Prevention Resource Center: <https://www.sprc.org/>



### Suicidal Thoughts and You : Escaping the Mental Loop of Wanting to End It All by Ashley McKenna LPCC

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1526 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 152 pages
Lending	: Enabled



### Drawing and Illustrations of the 18th Century: A Journey into Artistic Brilliance

Step into the captivating realm of art and history with "Drawing and Illustrations of the 18th Century." This comprehensive volume offers an...



## Stay On Target Supplements: The Best Wingmen

In the high-stakes game of achieving your fitness goals, you need the best possible support. That's where Stay On Target Supplements comes in. Our...