

# Signs I Should Ask for Support

It is vital to evaluate our mental wellness.

**Take an honest look at yourself.** Do you identify with these statements?

- I want to kill myself or I want to die
- I think about ways to kill myself
- I feel like my life is out of control
- I feel like everyone would be better off without me
- I have persistent, repetitive, negative thoughts
- I have flashbacks to bad calls
- I feel anxious, agitated, trapped, or in unbearable pain
- I feel hopeless, like I have no reason to live
- I feel like I am a burden to others
- I have conflict/tension with my family or friends
- I want to isolate and be left alone
- I experience extreme mood swings, including frustration and anger
- I am having nightmares
- I am having trouble sleeping or I am sleeping too much
- I have received comments from family/friends that something seems different or wrong
- I have increased my alcohol use
- I am abusing substances
- I have been acting recklessly
- I am making excuses not to seek support
- I do not ask for help because I am beyond help
- I sometimes have strong resentment toward others and want to act on those feelings

If any of these statements describe you, understand that it is okay to not be okay. **Ask for help. Do not suffer in silence!**

This poster supports the SAFLEO Web event "What Happens When I Ask for Help? Removing the Mystery." We encourage you to view a recording of the Web event by visiting [SAFLEO.org](https://www.safleo.org).

Reference: <https://www.samhsa.gov/find-help/suicide-prevention>



**To learn more, visit [www.safleo.org](https://www.safleo.org).**

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# Struggling mentally or emotionally?

## Bring your hidden feelings into the light.

### Seek help!

- Your primary care physician
- Culturally competent clinician (in person or online)
- Professionally led support group
- Peer support group
- Employee Assistance Program
- Agency chaplain
- Clergy
- Supervisor
- Human resources
- Trusted colleagues
- Friends or family members

### Get immediate support

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- Crisis Text Line: Text "BLUE" to 741741
- Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-4357

Continue reaching out until you find the support that you need. You may be surprised at the support that you receive.



**To learn more, visit [www.safleo.org](http://www.safleo.org).**

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