

# You are not alone.



With help you can overcome suicidal feelings.

If you have had any sort of suicidal thoughts please reach out to one of the organizations below, any time of the day, any day of the week.

You are worth it.

## **National Suicide Prevention Lifeline**

1-800-273-TALK (8255) 1-800-799-4889 (TTY)  
<http://www.suicidepreventionlifeline.org/>

## **Crisis Text Line**

Text "WORDS" to 741741  
<https://www.crisistextline.org/>

## **Veterans Crisis Line**

This service is free and supports all Veterans, Service members, National Guard and Reserve and their family members and friends.  
<https://www.veteranscrisisline.net/>

## **Trevor Project**

LGBTQ Crisis and Suicide Hotline reachable by phone, chat, or text  
866-488-7386  
<https://www.thetrevorproject.org/>

## **Teen Line**

Teen Line provides teen-to-teen education and support. Their phone lines are open from 6pm-10pm Pacific time 7 days a week and redirect to Didi Hirsch's Suicide Prevention Center after hours.  
<https://teenlineonline.org/talk-now/>

## **Didi Hirsch Suicide Prevention Center**

Didi Hirsch SPC is a multilingual crisis line, open 24/7. They are a member of the National Suicide Prevention Lifeline network and help answer calls for other organizations which aren't 24/7, like Teen Line.  
<https://didihirsch.org/services/suicide-prevention/>

## **#BeThe1To**

BeThe1To is a campaign by the National Suicide Prevention Lifeline which spreads information about what actions you can take to help prevent suicide.  
<https://www.bethe1to.com/>

# The heaviness and hopelessness that goes along with depression can make suicide look like the only way to escape the pain.

September is National Suicide Prevention Awareness Month. It is a time to share education, ensure access to resources, raise awareness, and break the stigma.

The life-changing event of receiving an ostomy is often met with grief and sadness. As a result of the body's physical changes and new challenges, patients often become socially isolated and experience depression. Depression is a major risk factor for suicide.



## What depression can look like:

- Unable to concentrate or get things done at work.
- Avoiding phone calls and messages from friends and family.
- Feeling irritable with others and experiences around you.
- Overusing alcohol and other addictive substances.
- Carrying a heavy feeling of shame or guilt.
- Feeling tired or run down.
- Having trouble sleeping.
- A change in appetite.



## If you are experiencing any of the these, there are things you can do to help yourself:

- Reach out for help! Find a professional therapist who can support you through talk therapy.
- Build yourself a self-care routine and stick to it, but know if you miss a day you can always begin again. This could be a daily gratitude practice, spending time reading each day, creating a new skin-care routine, going on a walk, listening to music, or whatever it is that makes you happy. It doesn't have to be big, but pick something and make space for it each day.
- Talking with a psychiatrist or your doctor who can prescribe medication. Although not always necessary for everyone, medication can be a great support in your journey to reclaim your life and well-being.
- Lifestyle changes can help improve depression, especially in conjunction with the other treatments. Some changes you could adopt include improving your diet, adding in exercise, create a sleep routine to help you wind down and being intentional about following a consistent sleep schedule, and surrounding yourself with positive people who love and support you. Be sure to talk to your doctor before making any changes to your lifestyle.

**Resources:** Ananthakrishnan, A, Gainer, V., Cai, T., Guzman Perez, R., Su-Chun, C., Savova, G., Chen, P., Szolovits, P., Xia, Z., Jager, P.L.D, Shaw, S., Churchill, S., Karlson, E., Kohane, I., Perlis, R., Plendge, R., Murphy, S., Liao, K. (2013). Similar risk of depression and anxiety following surgery or hospitalization for Crohn's disease and Ulcerative Colitis. National Institute of Health. doi: 10.1038/ajg.2012.471  
National Alliance of Mental Health. (2020). Warning signs and symptoms. <https://www.nami.org/About-Mental-Illness/Warning-Signs-and-Symptoms>