



Courage

**"Even the darkest night will fade and the sun will rise."
— Victor Hugo**

Reaching out for help

Many people feel discouraged or depressed at some time in their lives, and it can be difficult to reach out for support. You may not know who can help. Or you might not feel comfortable sharing your feelings. Change is possible and even from the darkest night you can get back to feeling hopeful.

If you or a loved one is struggling with feelings of hopelessness or depression, it's important to remember you're not alone. Reaching out to a family member, friend, coworker or a licensed professional counselor can make all the difference. You don't have to figure it out on your own. You can find support from people who want to help.

In addition to this week's resources, we've also included all the resources we've shared throughout Suicide Prevention and Awareness Month. Remember: We're always here to help.

988 is available if you're having thoughts of suicide, feeling emotional distress or struggling with substance misuse. 988 is also available if you have concerns about someone else and need guidance, help or support.

We're also here to help care for your mental well-being. You can call us 24/7 for free and confidential support and resources.



[Reach out for help video](#) | [Transcript](#)



[Suicide awareness infographic](#)



[Talking with someone who's depressed or having thoughts of suicide video](#) | [Transcript](#)



[Helping a suicidal coworker](#)



[Warning signs of suicide video](#) | [Transcript](#)



[Suicide: Know the signs](#)



[Misconceptions of suicide video](#) | [Transcript](#)



[Myths and facts about suicide](#)

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The Talk Saves Lives online training was developed by the American Foundation for Suicide Prevention.

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1173137-04-01-RFL (7/22)