

## Transcript for Suicide Prevention Video

[MUSIC PLAYING]

Sometimes people experiencing depression, extreme sadness, overwhelming loss, intense worry, and other stressful life events find themselves having thoughts of wanting to die or suicide. For some people, these thoughts may appear out of the blue or after a recent stressor, such as the death of a loved one, a recent health diagnosis, divorce, financial strain, or other stressful life events.

For others, these thoughts may be ongoing. Whatever your situation may be, if you are having these struggles, there is help. You're not alone and you can make it through this. Just reach out.

Speaking to someone like your doctor, a counselor, or a support group can help you feel better. Treatment helps and can make you feel like yourself within a few months.

Reach out for your lifeline. You are worth it. You are deserving of help. If you or someone you know are experiencing thoughts of ending your life, it is important to reach out now.

You can call the National Suicide Prevention Lifeline at 1-800-TALK, that's 1-800-8255, or text TALK to the crisis text line at 741741. Visit [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org), tell your primary care doctor or nurse about these thoughts. If you have a mental health counselor or therapist, reach out to them now.

You can call 911 or your local community mental health center. Use your lifelines, reach out.

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