

hey Black man,  
**YOUR LIFE** matters

## TOOLS FOR MANAGING SUICIDAL THOUGHTS

**01**

### REACH OUT FOR HELP

It's okay to ask for support. Talk to someone you trust—like a friend, family member, or mental health professional. You're not alone in this.

**02**

### CREATE A SAFETY PLAN

Identify your warning signs, list trusted contacts you can call, and outline coping activities. Having this guide ready can support you during tough times.

**03**

### REMEMBER: THIS MOMENT WILL PASS

When you're hurting, it can be tough to see past the pain. Remember, even the darkest feelings are temporary. Just focus on getting through the next few minutes or hours.

**04**

### LIMIT ISOLATION

Even when it's tough, don't completely shut people out. Just being around others can help you stay connected to the world beyond your thoughts, even if you don't feel like talking.

**05**

### USE CRISIS RESOURCES

If things get too intense, reach out for help: call or text a crisis hotline like 988, or text HELLO to 741741. If you're in immediate danger, go to the nearest emergency room.



National  
Suicide &  
Crisis Hotline

# 988



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### 06

#### PRACTICE GROUNDING TECHNIQUES

When you feel overwhelmed, try simple grounding actions: take deep breaths, hold something cold, or name objects around you. These can help distract you from intense feelings.



### 07

#### IDENTIFY WHAT HELPS YOU COPE

What activities make you feel better, even a little? Whether it's listening to music, watching a show, going for a walk, or journaling, engage in something that brings you comfort, even if it's just a small step.

### 08

#### AVOID HARMFUL SUBSTANCES

Steer clear of alcohol and drugs. They may seem like a quick fix but often make suicidal thoughts worse and can lead to dangerous situations.



### 09

#### REMINDE YOURSELF OF SUPPORT

Think of people who care about you and would want to support you through this. You are not a burden, and the people in your life care about your well-being.

### 10

#### ONE DAY AT A TIME

Focus on small goals to get through today, like eating a meal, getting out of bed, or sending a text.

Tomorrow will come, but for now, focus on making it through THIS moment.

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**MANCAVE**

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