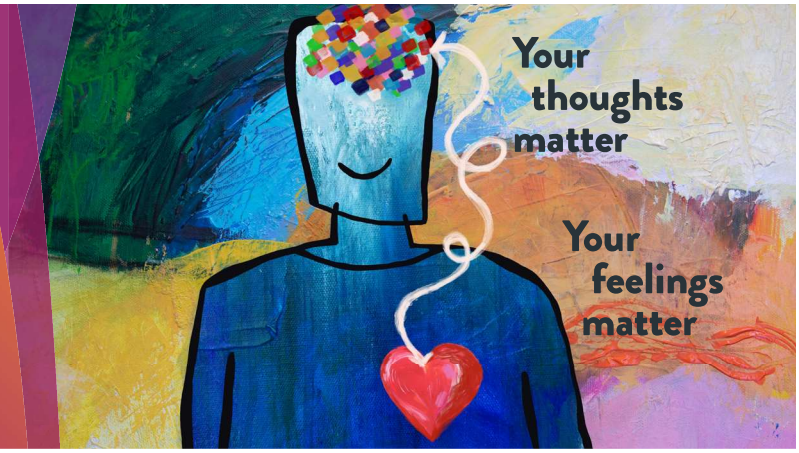
Your life matters



If you're struggling right now, that's okay. You're not weak or broken. You're human — and you're not alone.

Signs to watch for in yourself

It's normal to feel overwhelmed sometimes, but those feelings can change—they don't last forever.

- Feeling hopeless or like a burden
- Thinking people would be better off without you
- Feeling disconnected from friends, work, or things you enjoy
- Sleeping or eating more or less than usual
- Thinking about death or "not being here"
- Using alcohol or substances to cope
- Feeling numb or like you don't care

Even if you're not sure what you're feeling, talk to someone.

What you can do right now

Reaching out for support or simply talking to someone can make all the difference.

Say "I need help." Opening up to someone you trust is the first step toward support.

Call or text 988. The Suicide & Crisis Lifeline is free, confidential, and available 24/7. No pressure or judgment.

Be kind to yourself. You're doing the best you can, even when it feels hard.

Take small steps. Focus on just this moment, one day at a time.

Know that you matter. Your life has value and meaning, even if it doesn't feel that way right now.

Need urgent help right now?
Call or text the national 988 Suicide& Crisis Lifeline.
Support is available 24/7.

Health Advocate is here for you

Whether you're facing emotional struggles, mental health concerns, relationship or family issues, substance use, or other personal challenges — we can help.

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