

Talking to people about suicide is hard. You need and deserve to take care of yourself - you matter.

Sometimes people may think they “don’t deserve” or “don’t need” time for themselves, but everyone needs time to rest and recharge. If you want to help someone else, you first need to help yourself.



It is normal to have a lot of feelings when someone you know or care about is thinking about hurting themselves.

What does it mean to take care of yourself?

- Plan time to decompress and take in the conversation you just had.
- Think about taking care of yourself ahead of time. Start practicing different activities right now that will work for you.
- Set boundaries as a way to engage in self-care, especially for those who support others. This means feeling comfortable saying “no” to requests that keep you from staying emotionally healthy.
 - Even though you might feel guilty when you say no for the first few times, this actually makes sure your needs are met. Saying no helps you continue to do your best when supporting others.
- Do things that help your overall well-being. This means checking in with your mind and body to improve your health. You can incorporate different activities that work for you in your everyday life, especially when you are feeling stressed or down.

Who needs self-care? Self-care is for everyone.

Remember, you don’t have to do any of this alone. Whether you’re helping a friend, peer, or looking for some support for yourself, there are people and resources that can help.



Hotlines:

- National Suicide Prevention Hotline (1-800-273-8255)
- Trevor Project (1-866-488-7386)

Self-Care:

- <https://asapnctsn.org/staying-socially-connected-during-covid-19/>
- <https://asapnctsn.org/healthy-habits-during-the-covid-19-pandemic/>
- asapnctsn.org/self-care-helps-us-care-for-others/

Conversation Starters:

- <https://seizetheawkward.org/>
- <https://www.mindwise.org/act>



Suggested Citation: Barker, A., Zullo, L., Colorado, M., Simmons, H., Acero, A. (2021). *Taking Care of You*. Los Angeles, CA & Durham, NC: National Center for Child Traumatic Stress.
Acknowledgement: The authors of this fact sheet series also want to thank Chris Foreman and Ty Asher for their valuable support and guidance.