



Healthy & Resilient You

Look Out for You

What to do when everyday life starts to feel harder



A note before you read: This newsletter discusses themes around suicide. If you are experiencing thoughts of suicide, call Concern anytime at 800.344.4222 or call or text 988. If you are in immediate danger, call 911.

Over the years — particularly during Suicide Prevention Month in September — we've shared a lot about the importance of looking out for one another: [noticing when something seems off](#), starting a difficult conversation, and [helping someone find support](#).

Those skills matter. But we need to remember to look out for ourselves, too.

Paying attention to how we're really doing is especially important when more of our lives happen at a distance from others. A difficult stretch may not be as visible to friends, coworkers, or family members, so it's up to us to recognize when our feelings or behavior have changed.

When the Volume Creeps Too High

We all have times when life hurts. We may feel sad, overwhelmed, lonely, anxious, angry, or exhausted. Usually, we can recognize those feelings for what they are and work through them.

But sometimes the internal volume slowly rises until it's constantly uncomfortable.

Maybe hopelessness has become harder to shake. You feel trapped or like things won't get better. You've started wishing you could disappear or fall asleep forever. Maybe you've had thoughts of suicide or of harming yourself.

If this sounds familiar, you don't need to wait until "I'm having a hard time" becomes "I need help."

If you're hurting, that matters. Reach out for help now. You don't have to justify your thoughts or feelings — or even define them — before you're allowed to talk about what you're going through.

Being in Pain Is Reason Enough

Often, we're our own toughest gatekeepers, thinking things like:

*Other people have it worse.
I should be able to handle this.
I'm not really in crisis.
I don't want to make a big deal out of it.*

In moments like these, it's important to remember two things: asking for help isn't something you have to earn by reaching a certain level of pain, and needing other people doesn't make you weak.

You don't have to prove your strength by facing hard times alone. In fact, recognizing when you need support and reaching out for it can be an act of strength and good judgment.

So don't wait for things to feel unbearable or "serious enough" before asking for help. **Noticing that you're hurting or uncomfortable is all the reason you need.**

How to Ask for Help

Even when you recognize that you need support, saying it out loud can be hard. It may be hard to describe what you're feeling, or you might worry about frightening someone, being judged, or becoming a burden.

There's no need to have everything figured out before asking for help. The people who care about you may genuinely want to be there for you, even if they aren't sure what to say or do. And mental health professionals are trained to listen, help you make sense of what you're experiencing, and support you in finding a way forward.

Here's a simple, two-part guide to help you decide who to reach out to and what to say.

First, Let Someone In

Talk to someone you trust. A friend, family member, coworker, or someone else you feel safe with can listen, stay connected, and help you find additional support.

Reach out to a professional. A counselor can help you talk through what you're experiencing and decide what support you need. You don't need to arrive with a diagnosis or even know exactly what you want to say.

Then, Start with What You Know

You don't need a perfect explanation. Start with whatever you know to be true.

Some things you might say:

"I've been having a really hard time, and I don't think I should handle it by myself."

"I'm not sure what to call what I'm feeling, but my thoughts have started to worry me."

"Sometimes I wish I could just disappear or not wake up, and I think I need help."

"I've been thinking about suicide, and I need help staying safe."





It's also OK to ask for exactly what you need in the moment:

*"I don't need you to fix this.
I just need you to listen."*

"Can you stay with me?"

"Can you help me call someone?"

This first conversation doesn't have to solve everything. It just needs to open the door.

Finally, Remember

You don't have to cross some imaginary suffering threshold to deserve care and compassion. You don't have to find the perfect label for your pain. And you don't have to carry it quietly until someone else notices.

Immediate support is available whenever you need it. If you're thinking about suicide or self-harm, feel unable to stay safe, or simply need someone to talk with right now, please reach out.

- If you are in immediate danger, call **911**
- Call Concern anytime at **800.344.4222**
- Call or text **988** for the Suicide & Crisis Lifeline

— Whatever you're facing, you don't have to go it alone. —

For customized tools and resources, visit Concern's Digital Hub by logging in to employees.concernhealth.com, and selecting the **"Get Services"** button in the upper right menu.

This newsletter is intended for informational purposes only, and should not be used to replace professional advice.

If you find your level of stress is impacting your wellbeing, you can contact us for additional help and support.

Call: 800.344.4222
employees.concernhealth.com