



Blue H.E.L.P. Resource Guide

www.bluehelp.org



SIGNS IT'S TIME TO REACH OUT

- Thoughts that life is not worth living
- Feeling detached, alone
- Feeling hopeless, feeling helpless
- Getting no pleasure out of life
- Easily irritated, angry
- Self-destructive behavior, such as substance abuse
- Chronic mood changes

WHAT TO WATCH OUT FOR SIGNS & SYMPTOMS

POST-TRAUMATIC STRESS

- Experiencing a traumatic event/critical incident
- Re-experiencing the event through nightmares and flashbacks
- Avoidance reminders of the event
- Loss of interest in things you enjoy
- Feelings of numbness, irritability
- Poor sleep & Poor concentration
- Easily startled, jumpy

DEPRESSION

- Poor sleep
- Low mood, low interests feelings of guilt
- Poor concentration, low energy
- Changes in diet
- Thoughts of hurting oneself, suicidal thoughts



TAKE ACTION!

TALK TO SOMEONE YOU TRUST

**REACH OUT TO EAP, YOUR PASTOR,
PEER SUPPORT**

SEEK OUT PROFESSIONAL HELP

**CONTACT ONE OF THE RESOURCES
LISTED BELOW**



RESOURCES

**SUICIDE PREVENTION HOTLINE
1-800-273-TALK**

**COP2COP
1 866-COP-2COP**

**COPLINE
1-800-COP-LINE**

**CRISIS TEXT LINE
TEXT BLUE TO 741741**

**1ST HELP
WWW.1STHELP.NET**