

What Are Suicidal Thoughts?

Sometimes you may feel very sad or overwhelmed. You may think about death or dying.



You may think things like: I wish I was never born! People would be better off without me. Nothing matters anymore. I should just die.



These are suicidal thoughts and they can be confusing and scary.



If you have suicidal thoughts or thoughts about death it's important to get help, even if it's scary or hard to talk about.



If you're having suicidal thoughts, talk to a trusted adult about your thoughts and feelings.



If you need help right away, call 9-1-1 or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

