



LIFTED COUNSELING & WELLNESS, PLLC

RESTORING HEART, MIND, SOUL

You Are Not Alone.

HELP IS AVAILABLE. HOPE IS REAL.

If you are experiencing thoughts of suicide, emotional pain,
or a mental health crisis, please reach out for help.

YOU MATTER. YOUR LIFE HAS VALUE.

The Lord is close
to the brokenhearted
and saves those who
are crushed in spirit.

— Psalm 34:18



ARKANSAS HOTLINES



Arkansas Crisis Center
1-888-274-7472 (HOPE)

24/7 crisis support, counseling,
and resource referrals.



Arkansas Crisis Text Line
Text AR to 741741

Free, 24/7 support via text message.
Confidential and anonymous.



National Suicide Prevention Lifeline
1-800-273-8255 (TALK)

Available 24/7 for anyone in crisis
or emotional distress.



NATIONAL HOTLINES



988 Suicide & Crisis Lifeline
988

Call, text, or chat 988
Available 24/7 across the U.S.



Crisis Text Line
Text HOME to 741741

Connect with a trained crisis counselor
24/7 via text.



The Trevor Project
1-866-488-7386

Text START to 678-678
24/7 support for LGBTQ+ youth.



WARNING SIGNS

Someone may be struggling if they:

- Talk about wanting to die or kill themselves
- Feel hopeless, trapped, or like a burden
- Withdraw from others or lose interest
- Experience extreme mood swings
- Change eating or sleeping patterns
- Give away prized possessions
- Increase use of alcohol or drugs



If you notice these signs in yourself
or someone you care about, take it
seriously and reach out for help.



WHAT TO DO

If you or someone you know
is in crisis:

- 1 **Reach out.** Call or text any of the numbers above.
- 2 **Stay with the person.** Your presence can save a life.
- 3 **Remove means.** If possible, make the environment safe.
- 4 **Listen with compassion.** Avoid judgment.
- 5 **Encourage professional help.** Offer to help connect them.



COPING STRATEGIES

Things you can try right now:



Breathe slowly and deeply.
Try the 4-7-8 method:
Inhale 4, hold 7, exhale 8.



Ground yourself. Name 5 things
you see, 4 you feel, 3 you hear,
2 you smell, 1 you taste.



Reach out to someone
you trust.



Write how you feel. Get it out.
You don't have to fix it now.



Listen to music, go for a walk,
or do something that brings
a little light.

REASONS TO HOLD ON

*This season
is not your
whole story.*

- ♥ Pain is temporary. Healing is possible.
- ♥ Your story is not over.
- ♥ There are people who care about you.
- ♥ You have strength you may not see yet.
- ♥ Better days are ahead.
- ♥ You are deeply loved.
- ♥ God has a purpose for your life.

"For I know the plans I have for you,
declares the Lord, "plans to give you
hope and a future." — Jeremiah 29:11

A GENTLE REMINDER

Asking for help is a sign of strength,
not weakness. You don't have to go
through this alone.

*You are seen.
You are loved.
You are not alone.*



If this is an emergency and you are in immediate danger,
call 911 or go to your nearest emergency room.



Help is here.
Hope is here.
You are worth it.

This resource is for informational purposes only and is not a substitute for professional care.
Please seek help from a qualified mental health professional for ongoing support.

Restoring Heart. Mind. Soul