



Stress and Suicide

Different life experiences affect risk of suicide. Feelings of isolation, depression, anxiety, and other emotional, or financial stresses are known to raise the risk for suicide. These feelings can be more present during times of crisis. However, resources exist to prevent suicidal thoughts and behaviors. Support from family and your community, finding way to connect with others, and access to in-person or virtual counseling or therapy can help with suicidal thoughts and tendencies.

Everyone Reacts Differently to Stressful Situations.

Individuals who may be affected more strongly by stress includes:

- Children and teens;
- People caring for family members or loved ones;
- Frontline workers, such as healthcare providers and first responders;
- Those with pre-existing mental health conditions;
- Substances abusers or those with a substance use disorder;
- People who have suffered job loss, a reduction in work hours, or experienced other major employment changes;
- Socially isolated individuals, including those who live alone or in rural communities;
- Ethnic minorities.



Tips for Coping With Stress:

- **Know where and how to get treatment** and other support services and resources, including counseling or therapy (in-person or through telehealth services).
- **Take care of your emotional health.** Taking care of your emotional health will help you think clearly and be better able to care for yourself and family.
 - <https://emergency.cdc.gov/coping/selfcare.asp>
- **Take breaks from watching, reading, or listening to news stories**, including those on social media.
- **Take care of your body.** Try breathing exercises or meditation. Eat healthy and well-balanced meals and get plenty of sleep and regular exercise.
- **Make time to unwind.** Try to do other activities you enjoy that help you relax.
- **Connect with others, your community, or faith-based organizations.** While social distancing measures are in place, consider connecting online, through social media, or by phone, or mail.

For more information on suicide and suicide prevention, visit the CDC website at:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/>

NWCG MHSC | <https://www.nwcg.gov/committees/mental-health-subcommittee> | 2020