

# SEIZE THE AWKWARD

## Resources

### **Text, Chat, or DM – Find the right words for any scenario**

Struggles with mental health can take form in different emotions and behaviors. Our additional resources cover many more signs and situations where your friend might be struggling.

### Additional Resources

<a href="#"><u>Handling a breakup</u></a>	Break-ups are never easy. Allow your friend to have space to be in a funky mood and just keep checking in. Sometimes, time is the only cure for a broken heart.
<a href="#"><u>Press Pause - The Ex Factor</u></a>	Most of us have spent a little too much time obsessing over an ex's social media updates, but paying too much attention can make us feel stressed, anxious and stuck.
<a href="#"><u>Dealing with loss</u></a>	Losing someone we care about can be a hard thing to deal with emotionally. Learn more about how to deal with the loss of a loved one.

<p><a href="#"><u>Suicide statistics</u></a></p>	<p>Learn the latest statistics on suicide, taken from the Centers for Disease Control and Prevention (CDC).</p>
<p><a href="#"><u>Treatment for suicide and suicide attempts</u></a></p>	<p>There are biological and psychological treatments that can help address the underlying health issues that put people at risk for suicide.</p>
<p><a href="#"><u>LGBTQ suicide and suicide risk</u></a></p>	<p>Learn more about prevention strategies, programs and practices that serve the unique needs of LGBTQ populations.</p>
<p><a href="#"><u>When a loved one has made an attempt</u></a></p>	<p>When someone you love attempts to take their life, it can evoke a range of strong emotions.</p>
<p><a href="#"><u>Experiencing Racism and/or Racial Discrimination</u></a></p>	<p>There is a strong link between one’s identity, and mental health and well-being. Experiencing racial discrimination and injustice can have a negative impact on one’s mental health. It can even trigger depression, anxiety and stress.</p> <p>Learn more about racial trauma, barriers to mental healthcare and tips on how to cope.</p> <p>You can also find more resources <a href="#"><u>here</u></a>.</p>

Need Help?

[Text "SEIZE" to 741741](#) or call [1-800-273-8255](#)

In an emergency, call [911](#)