

How are you feeling?

If you sometimes feel that life is not worth living

Or you sometimes feel that

- You are consumed by negative and disturbing thoughts.
- The pain seems unbearable and overwhelming.
- There is no hope and no point in living.
- People would be better off without you.
- You're lonely, even when you have friends and family.
- You do not understand why you are feeling or thinking this way.

Then it's good to remember that

- There is help available for you.
- It's okay to talk about suicidal thoughts. It can help you feel better.
- Everyone can experience suicidal thoughts.
- Suicidal thoughts and self-harm is not a sign of weakness but a sign of severe emotional distress.
- There are people who want and are able to help you.

What you can do is

- Talk to a trusted family member, friend or colleague about how you feel.
- Talk to a professional (e.g. general practitioner, nurse or a psychologist at a healthcare center).
- Join a self-help or support group run by mental health organizations.
- Call 1717 or Pieta helpline tel: 552-2218.
- Contact the online counselling at heilsuvera.is or 1717.is.

If you are in immediate danger, call 112.

**You are not alone.
Help is available!**
