

How Do I Find Reasons to Keep Going?

Reasons do not have to be big

- A pet that needs you.
- Curiosity about what happens next week, next season, next year.
- One person who would miss you.
- Something you haven't experienced yet: a meal, a place, a song, a person.
- The possibility that the pain could change, even if you can't see how right now.

Try a reasons-to-live list

- Write five things — even tiny ones — that have mattered to you before.
- Add one thing you are still curious about.
- Add one person, animal, or place that connects you to the world.
- Keep the list where you can find it on hard nights.

Values can carry you when feelings can't

- What kind of person do you want to be, even in pain? Kind? Honest? Brave? Present?
- A value is not a feeling; it is a direction. You can act on it even when you feel empty.
- One small value-based action today — a kind word, a walk, a glass of water — is a reason in motion.

Connection is part of the answer

- Isolation makes suicidal thoughts louder. Reaching out does not have to be dramatic — a text, a support group, a hotline.
- You do not have to believe things will get better to call 988. You only have to be willing to be heard.

When to reach out now

- If you have a plan, access to means, or feel unable to stay safe, call or text 988 or go to the nearest emergency room.
- If you are not in immediate danger but want help building reasons, a therapist or peer support specialist can work with you on this directly.

**If you are in
danger right
now**

Call or text **988** for the Suicide & Crisis Lifeline. If there is immediate danger, call **911** or go to the nearest emergency room.

This guide is educational information only. It is not medical, psychiatric, or crisis advice. If you are thinking about hurting yourself, contact 988 or 911 now.

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