

How Can I Help Myself?

Self-help is real, and it works best alongside people — not instead of them. Here are the things with the strongest evidence behind them.

Right now, today

- **Shrink the time frame.** Don't promise to feel better forever. Get through today, or the next hour.
- **Move your body.** Even a 10-minute walk measurably changes brain chemistry.
- **Get outside in daylight.** Light is a real input to mood regulation.
- **Eat and sleep.** A hungry, exhausted brain lies to you more convincingly.

This week

- **Tell one person.** Out loud or by text. Silence is where these thoughts grow.
- **Remove or lock up lethal means.** Distance and delay save lives.
- **Write a safety plan** while you're steady: warning signs, coping steps, people, places, 988.
- **Cut alcohol and other substances** — they pour fuel on suicidal thinking.

Longer term

- Therapy (CBT, DBT, and trauma-focused therapies have strong evidence).
- Routine: same wake time, movement, one small thing you do for yourself daily.
- Connection on purpose — one recurring thing with other humans, weekly.

If today is a dark day: call or text 988. You don't need a plan or the right words. That's literally what they're there for.

In crisis or struggling? Call or text 988 (Suicide & Crisis Lifeline, free, 24/7) · Chat at 988lifeline.org

Beyond September™ is an awareness and education initiative — not a medical, therapy, or crisis service. This guide is general education, not medical advice.

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