

I'm Not Suicidal, But I Feel So Sad. Where Do I Start?

Your sadness deserves care, even without a crisis

- You do not need to be at rock bottom to ask for help. Early support works better than waiting.
- Persistent sadness, loss of interest, and exhaustion can be signs of depression — a common, treatable condition.

Where to start this week

- Tell one person: a friend, family member, or doctor. Saying it out loud reduces its weight.
- See your primary care doctor. They can screen for depression, check for physical causes (thyroid, vitamin D, anemia), and refer you onward.
- Look for a therapist: ask your doctor, check your insurance directory, or search [FindSupportToday.com](https://findsupporttoday.com) for options near you.
- If cost is a barrier: community mental health centers, university training clinics, and sliding-scale therapists exist.

What helps while you wait for appointments

- Move a little daily — a 10-minute walk counts. Exercise has real evidence behind it for mild-to-moderate depression.
- Protect sleep: consistent wake time matters more than a perfect bedtime.
- Eat regularly, even when appetite disappears. Your brain needs fuel.
- Limit alcohol — it deepens low mood even when it briefly numbs it.
- Do one small thing you used to enjoy, even if it brings no pleasure yet. Action often comes before motivation.

Watch for changes

- If sadness deepens, you start having thoughts of death or suicide, or you cannot function, tell someone and reach out the same day.
- Call or text 988 anytime — you do not need to be in crisis to call. They listen either way.
- Feeling sad today does not mean you will feel this way forever. Treatment works, and starting is the hardest part.

**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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