

# How to Take Care Of Yourself

People can and do move forward from a suicide attempt. Your journey will take a unique path, each person may cope or struggle in different ways with their lived experience. It takes time to heal both physically and emotionally, but healing can happen.

## Practice Self-Care

Taking care of yourself gives your body and mind the space it needs to relax and destress. Self-care doesn't need to be overwhelming or complicated; it can be anything that provides you an outlet.

Get started with one of our favorite online coping toolkits [here](#).



## Talk to Someone

Talking to someone about what you're experiencing or feeling can provide you an outlet that encourages you to move forward. Care Team is a supportive HSC resource that helps students identify resources and navigate their emotional, personal, and/or academic stressors. You can contact them at [careteam@unthsc.edu](mailto:careteam@unthsc.edu) or (817) 735 - 2740.



## Connect to Resources

Finding long-term strategies and support is vital to reducing suicidal ideation and ease emotional pain. There are a few ways to connect with a counselor who can help you navigate your situation:

1. [TimelyCare](#) - 24/7 Student Support Program
2. HSC Health Clinic - Call (817) 735 - 5051 to schedule an appointment with our on-campus counselor.
3. [988 Lifeline Counseling Network](#)



## Make a Safety Plan

Have a step-by-step plan ready for if/when you feel depressed, suicidal, or in crisis, so you can start at step one and continue through the steps until you feel safe. You can get help and guidance at [mysafetyplan.org/](http://mysafetyplan.org/).

