

HEAL - Helpful Engaging Action List

If I at any time have serious suicidal urges, I will immediately call:

Emergency Services

Suicide Hotline

DO NOT LEAVE THE ABOVE FIELDS BLANK - [[Emergency Numbers](#) and [Hotlines](#)]

While working on a long term solution, I will use the HEAL items below to distract myself from disturbing thoughts. I WILL:

1) Call someone who improves my mood, is easy to talk to or is simply a great listener.

Names and Numbers:

Friends, Family, Significant other etc

2) Chat online to trained volunteers in a private and safe setting.

Chat Websites:

Find chat website link [HERE](#), then return to complete and save or print your HEAL

3) Go work out to de-stress, calm my nerves and get fit.

Exercises:

List your preferred exercises with or without equipment

4) Clean up, as it will help me to keep busy and enable me to rest more comfortably after.

Areas To Clean:

List the places you will attempt to clean eg. bedroom, kitchen

5) Occupy myself with a 'Do It Yourself' project and repair something that has been broken.

Project:

Eg: the window, the shed door, cell phone (hint: Youtube has many helpful DIY videos)

6) Focus my attention on playing a fun game.

Play:

Eg: Online Scrabble on www.isc.ro, Minecraft on Xbox, Ruzzle on mobile

7) Write, as it is a great way to vent and is very therapeutic.

Write:

Eg: A story, a poem, in a diary (tip: well written work can become a source of income)

8) Get out of the house and enjoy a change of scenery.

Go:

Eg: To the park for a walk, to the movies, hiking

9) Enjoy some great movies or sitcoms.

Watch:

Specify the movie and how you will watch it (Eg: Dvd, ps3, tablet, movie streaming website)

10) Engross myself in a good read.

Read:

Eg: How To Really Stop A Suicide, Time magazine, Harry Potter

11) Share www.suicidestop.com with others and help save lives.

Share through:

Eg: Word of mouth, Facebook, Twitter, Tumblr, Google Plus, Instagram

Other HEAL ideas

I may also:

Include other helpful and safe activities you can do that relax and distract you