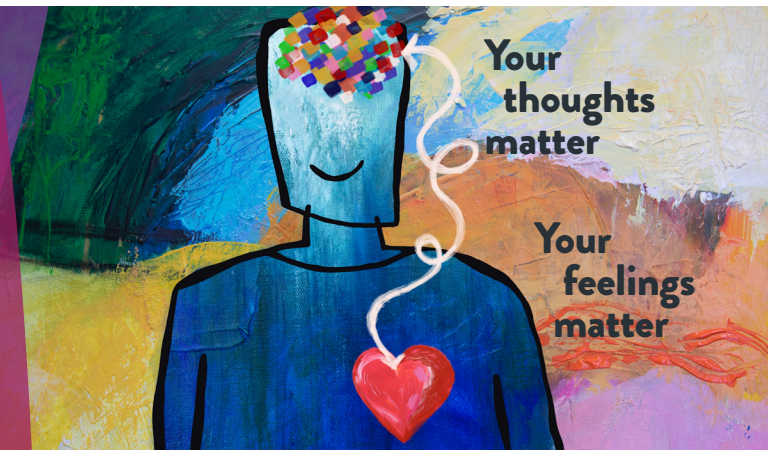


# Your life matters



If you're struggling right now, that's okay. You're not weak or broken. You're human — and you're not alone.

## Signs to watch for in yourself

It's normal to feel overwhelmed sometimes, but those feelings can change—they don't last forever.

- Feeling hopeless or like a burden
- Thinking people would be better off without you
- Feeling disconnected from friends, work, or things you enjoy
- Sleeping or eating more or less than usual
- Thinking about death or "not being here"
- Using alcohol or substances to cope
- Feeling numb or like you don't care



**Even if you're not sure what you're feeling, talk to someone.**

## What you can do right now

Reaching out for support or simply talking to someone can make all the difference.



**Say "I need help."** Opening up to someone you trust is the first step toward support.



**Call or text 988.** The Suicide & Crisis Lifeline is free, confidential, and available 24/7. No pressure or judgment.



**Be kind to yourself.** You're doing the best you can, even when it feels hard.



**Take small steps.** Focus on just this moment, one day at a time.



**Know that you matter.** Your life has value and meaning, even if it doesn't feel that way right now.



Need urgent help right now?  
Call or text the national 988 Suicide & Crisis Lifeline.  
Support is available 24/7.

## Health Advocate is here for you

Whether you're facing emotional struggles, mental health concerns, relationship or family issues, substance use, or other personal challenges — we can help.



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