



WHATEVER YOU'RE FEELING, YOU AREN'T THE ONLY ONE.

Sometimes it's hard to talk about what's going on inside. Maybe you can't even explain it. Just know you are not alone. You matter. There is hope and help.

HEY THERE, I'M
AWESOME POSSUM.

I feel like:

- there's no way out
- I don't matter
- no one would miss me
- spending less time with my friends
- these feelings will never pass
- things seem hopeless

SUICIDAL THOUGHTS

Contact:

- <https://suicidepreventionlifeline.org/>
- Suicide Lifeline: (800) 273-8255
- resolve crisis network: (888) 796-8226

I feel like:

- I can't concentrate
- I need to always be aware of what's going on around me
- I'm overwhelmed by worry or fear
- I've got tightness in my chest
- I can't sleep or eat
- I'm nauseous, sweaty or jittery

ANXIETY

Contact:

- Allegheny County Information, Referral and Emergency Services (IRES): 412-350-4456
- resolve crisis network: (888) 796-8226
- TEEN LINE: (800) 852-8336 or text TEEN to 839863

I feel like:

- I'm hopeless and sad
- I've lost interest in things I used to enjoy
- My appetite and sleep patterns have changed
- I've lost motivation to take care of myself and others
- I'm shutting down
- I'm feeling isolated

DEPRESSION

Contact:

- <https://suicidepreventionlifeline.org/>
- Suicide Lifeline: (800) 273-8255
- resolve crisis network: (888) 796-8226

I feel like:

- I have continued thoughts or memories related to a traumatic event
- I have flashbacks or dreams about the event
- I struggle when something triggers a memory of the event
- I avoid people and places that I associate with the event
- I have negative beliefs about myself
- I am to blame for what happened

TRAUMA

Contact:

- resolve crisis network: (888) 796-8226



I feel like:

- I need to get out of the house and I'm considering running away
- Meeting up with someone I met online
- I have no outlet for my emotions and I'm having trouble regulating them
- I'm always on edge and could lash out at any second
- I've been using drugs and/or alcohol to cope.

ENGAGING IN RISKY BEHAVIOR

Contact:

- resolve crisis network: (888) 796-8226
- <https://www.nationalsafeplace.org/>
- Pittsburgh Action Against Rape (PAAR): (866) END-RAPE (363-7273)
- Crisis Textline: Text HOME to 741741
- PA Get Help Now 1-800-662-HELP
- Trevor Project: Call (866)-488-7386, text START to 678-678 or chat online at TrevorChat.



I feel like:

- I'm experiencing bi/trans/homophobia
- Someone outted me and I'm facing retaliation
- I don't feel safe being my true self in my home/community
- I need in-person support for my gender and/or sexuality

LGBTQIA

Contact:

- Trans Life Line (National)
- Trevor Project (National)
- Hugh Lane Wellness Foundation (*Gender Coaching, AFFIRM, In-person events, virtual support*)
- Youth Haven (*Proud Haven & TransYouning*), in-person drop in space
- TransPride Pittsburgh (*In-person meet-ups and virtual support*)
- Q-Chat (*National, moderated chat space*)

NEED HELP FINDING ANY OTHER RESOURCES?

WWW.PA211.ORG/ OR CALL 2-1-1

