**10 Things to Do on Your Phone When You're Struggling With Suicidal Thoughts**

Oftentimes, surviving suicidal thoughts and urges just means getting through one day, one hour — or even just one minute. The best thing for you might be to stay in the company of people you trust, friends or family members [who make you feel safe](https://themighty.com/2018/03/safe-person-depression/). Or, if the suicidal urges are really bad, you might need to contact someone on your [mental health](https://themighty.com/mental-health/) team, your dorm counselor, a favorite RA, the RC or Health and Wellness staff.

Sometimes, though, if you’re feeling isolated and just need to get through a dark moment, you can turn to something that’s probably on you 24/7--your phone. Nothing on your phone will make it “better,” nothing on your phone can replace getting help. But people can use their phone to simply get through rough moments, and when you’re struggling with suicidal thoughts, getting through a moment can make all the difference.

Of course, if you’re feeling hopeless right now, remember you can reach the Suicide and Crisis Lifeline by texting **988** or calling **988** on your phone. You may also find other numbers at **Befrienders.org**.

***1. Download apps made for people struggling with their mental health.***

**Calm Harm App Virtual Hope Box**

**MoodTools App Safety Plan**

***2. Look at a photo album of pictures that give you hope, or pictures that remind you how loved you are.***

***3. Put a positive words on your lock screen: I am loved. I am strong. I can do this. Breathe. Loving kindness.***

***4. Text someone positive in your support system.***

***5. Play a game on your phone.***

***6. Listen to music. (Or better yet,*** [***listen to a playlist you made just for getting through dark moments***](https://themighty.com/2017/07/suicide-suicidal-songs/)***.)***

***7. Collect quotes that inspire you: make a folder or file. Read them.***

***8. Watch a funny or comforting video.***

***9. Listen to positive saved voicemails.***

***10. Have emergency numbers saved in your phone, and use them.***