

Traumatic Events and Suicide

This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Have you recently experienced a traumatic event in your life? Traumatic events can include illness, relationship problems, loss of a loved one, economic hardship, a natural disaster, or an act of violence in your community.

If so, you may be experiencing a variety of emotions. Feeling sad, angry, or guilty is part of the healing process. It takes time to return to normal.

Feeling like you want to give up or thoughts of suicide are a sign that you need help. You can get help by calling the national hotline at 1-800-273-TALK. Your call is free and confidential. You'll talk to someone who knows what they're doing and can connect you with resources in your local area.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.