



APS GUIDE • FOR YOU

Riding Out the Storm

5 simple things to do right now if dark thoughts are taking over

A guide from the Suicide Prevention Association — Réunion Island

Free helpline, 24/7 — 0800 62 01 62

If you're reading this, something may be really hard right now. What you're feeling is real, and it doesn't mean your situation is hopeless. Suicidal thoughts are a sign of intense pain — not a life sentence. They can ease, especially if you're not alone with them.

① 5 things to do right now

- Say it out loud to someone. A friend, a trusted adult, or a listener at 0800 62 01 62 (APS Réunion). Putting it into words already eases the pressure.
- Put distance between yourself and anything that could hurt you (medication, objects). Ask someone to hold onto them until things feel better.
- Don't stay alone tonight. Go to someone's place, invite someone over, or call a listening line to get through the night.
- Move your body for 5 minutes. Walk, take a cold shower, breathe slowly (4 seconds in, 6 seconds out): it won't fix everything, but it can bring the intensity down.
- Set up something in the next 24 hours. A call, coffee with a friend, a medical appointment. Having a next point of contact helps you hold on.

② What's worth knowing about a suicidal crisis

A suicidal crisis is intense, but it's also temporary. It comes in waves — it rises, then it falls. Holding on 10 more minutes can already change the wave's direction.

It's not weakness. Psychological pain can be treated, just like a sprain or a fever — it just needs the right kind of support.

③ If you don't know how to bring it up

- "I'm not doing well, I've been having dark thoughts lately."
- "I think I need help, I don't know where to start."
- You can also just send someone this: "Can you call me, I need to talk."

Numbers to know

In case of immediate danger to life

15 (SAMU/ambulance) • 18 (Fire dept.) • 112 (European emergency number)

APS — Suicide Prevention Association, Réunion

0800 62 01 62 — free helpline, 24/7, staffed by trained volunteer listeners.

3114 — French national suicide prevention line

Free, confidential, 24/7. For the person in crisis, their loved ones, or professionals.

Kozé Jeunes (ages 12-25)

0801 901 974 — A listening and referral line dedicated to teenagers and young adults in Réunion.