Action & Awareness for Suicide Prevention

Suicide Prevention Action & Awareness Plan

Your environment matters. Your health matters. You matter.

Step 1: Identify Hidden Environmental Risks

Answer the following YES or NO:

□ Have you recently experienced water damage in your home, workplace, church, or any building where you spend significant time?

□ Have you noticed musty smells, visible mold, or felt worse in certain indoor environments?

□ Have you recently been exposed to pesticides, herbicides, insecticides, or industrial chemicals (e.g., lawn treatments, cleaning solvents, fumigation)?

□ Are you using or have you recently used fragranced products, air fresheners, or chemically treated furnishings?

Step 2: Review Medication Changes

□ Have you recently started, changed, tapered, or discontinued any prescription medication or supplement?

□ Do you feel more anxious, depressed, irritable, or foggy than usual after a recent medication change?

□ Have you been prescribed multiple medications at once or experienced any unusual side effects?

Step 3: Consider Cross Contamination & Air Quality

□ Have you brought belongings (clothing, books, furniture) from a water-damaged or moldy environment into your current space?

□ Do you have access to fresh air, ventilation, or a HEPA-grade air purifier in your home or work space?

□ Have you considered wearing a respirator mask when cleaning, entering suspect environments, or around strong chemical odors?

★ Why This Matters

Studies show that neurotoxic exposures—such as mycotoxins from mold, volatile organic compounds (VOCs), and drug reactions—can affect the central nervous system, potentially contributing to depression, anxiety, suicidal thoughts, fatigue, brain fog, and even psychosis.

Unrecognized environmental and pharmaceutical stressors can overwhelm the body and brain, especially in individuals already vulnerable or healing from trauma.

References

Brewer, J. H., et al. (2013). "Detection of mycotoxins in patients with chronic fatigue syndrome." Toxins, 5(4), 605–617. doi:10.3390/toxins5040605

· Kampa, M., & Castanas, E. (2008). "Human health effects of air pollution." Environmental Pollution, 151(2), 362–367. doi:10.1016/j.envpol.2007.06.012

· Fava, M., & Offidani, E. (2011). "The mechanisms of tolerance and withdrawal symptoms of selective serotonin reuptake inhibitors." International Clinical Psychopharmacology, 26(1), 1–8. doi:10.1097/YIC.0b013e328341d949

· National Institute on Drug Abuse (NIDA). "Trauma and Stress." https://nida.nih.gov/research-topics/trauma-and-stress

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When your body is overwhelmed, your mind can feel hopeless. Let's take the next step, together.

Action Steps for Safety

- Seek professional evaluation of your indoor environment by a mold inspector or environmental health specialist.
- If possible, avoid or remove yourself from contaminated environments and discuss detox support with a trusted practitioner.
- Speak with your doctor or pharmacist about any concerns related to medication side effects, interactions, or withdrawal symptoms.
- Use HEPA filtration, increase ventilation, and avoid cross-contamination by properly disposing of contaminated items.
- Create a calm, clean, and chemically safe space as part of your mental health recovery plan.

Professionals

Functional Medicine Doctor
Dr. Mark Hyman, MD
Founder of the Cleveland Clinic Center for Functional Medicine. Known for addressing chronic disease through nutrition, gut health, and root-cause approaches.
drhyman.com

Integrative Psychiatrist
Dr. James Greenblatt, MD
Pioneer in functional and integrative psychiatry, focusing on personalized mental health care that includes nutrition and biochemical imbalances.
jamesgreenblattmd.com

Environmental Medicine Physician
Dr. Kalpana Patel, MD
Environmental health specialist with a focus on mold, chemical sensitivities, and detoxification.
ehcbuffalo.com

Naturopathic Doctor
American Association of Naturopathic Physicians (AANP)
Find licensed naturopathic doctors who address gut health, toxin exposure, and holistic healing.
naturopathic.org

Medication Support

- Medication changes can sometimes affect your mood.
- Do **NOT** adjust or stop meds without medical guidance
- Report side effects to your doctor or pharmacist
- Ask if symptoms are from withdrawal or interactions

- survivingantidepressants.org
- askapatient.com
- Benzoinfo.com
- MISSD.com

Simple changes can support recovery

- Use fresh air or a HEPA purifier
- Remove fragrances and harsh chemicals
- Switch to unscented, natural cleaners
- Keep your sleep space clean and calm
- Rest, hydrate, and move gently

Toxic Mold Support

- SurvivingMold.com
- MoldAvoiders.com
- ParadigmChange.me

GET HELP

- If you are in crisis, please text HOME to 741741 or dial your country's emergency number.

This form is for educational purposes only and is not a substitute for medical advice.