

# Action & Awareness for Suicide Prevention

## Suicide Prevention Action & Awareness Plan



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](http://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](http://jamesgreenblattmd.com)

#### Environmental Medicine Physician

*Dr. Kalpana Patel, MD*

Environmental health specialist with a focus on mold, chemical sensitivities, and detoxification.

 [ehcbuffalo.com](http://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](http://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](http://survivingantidepressants.org)
- [askapatient.com](http://askapatient.com)
- [Benzoinfo.com](http://Benzoinfo.com)
- [MISSD.com](http://MISSD.com)

### Toxic Mold Support

- [SurvivingMold.com](http://SurvivingMold.com)
- [MoldAvoiders.com](http://MoldAvoiders.com)
- [ParadigmChange.me](http://ParadigmChange.me)

### 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

### GET HELP

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

