



Suicide Prevention: Now Matters Now



Created By [Now Matters Now](#)

?Now Matters Now's website features videos and stories that provide skills and support for coping with suicidal thoughts.

Have you had suicidal thoughts? Problems that felt unsolvable?

You are in excellent company – we've been there.

Now Matters Now hacks suffering

Here are the stories, including research based ways for managing the most painful moments of life.

Now Matters Now Teaches Mindfulness, Mindfulness of Current Emotion, Opposite Action and Paced-breathing. These skills are part of [Dialectical Behavior Therapy](#) or DBT, proven to be helpful for people considering suicide.

These tools are not considered a replacement for one-to-one counseling. You do not have to have suicidal thoughts or mental health problems to use these tools – they are useful for most people and many problems. Visit Now Means Now for examples and prevention tools.

[Visit Now Matters Now](#)

