

Sadness



What you may be experiencing

Sadness is a common emotion. You may feel sad for different reasons. Perhaps you're experiencing sadness because you lost your job. Or you've missed the chance to celebrate an important milestone. Maybe it has been a while since you last saw your friends and family.

Sadness may cause you to feel emotionally numb or lack energy. You may:

- ▶ Cry more often.
- ▶ Have trouble sleeping or sleep too much.
- ▶ Have no appetite or eat too much.
- ▶ Drink more alcohol than usual.
- ▶ Lose interest in activities that you used to enjoy.

What you can do

1. Acknowledge what's happening: It is okay to not feel okay. If you are feeling sad, know that you are not alone.
2. Prioritize taking care of yourself. Consider simple strategies like eating well, exercising, and making time for rest. Take time for yourself. Acknowledge your successes. You are doing the best you can.
3. Be mindful of how you're feeling. While doing an activity you enjoy, focus on the here-and-now. Notice how each part of an activity gives you satisfaction, hope, joy, stress reduction, etc. This can be as simple as staying present while you are preparing a meal and enjoying each step in that process.
4. Maintain connections with others. Reach out to people you want to connect with. Call, video chat and/or text message friends, family, neighbors, and co-workers. Write a letter or postcard.
5. Seek help from a professional if your sadness becomes overwhelming or feels unmanageable.
 - ▶ Talk to your doctor about how you are feeling.
 - ▶ Find mental health services: [Mental Health America](#)

Find other
resources that
could help:





Get immediate help in a crisis

Emergency Situation

- ▶ **Call 911**
- ▶ **[Disaster Distress Helpline](#)**
1-800-985-5990 (para español Presione #2)
Text TalkWithUs for English (o para español un texto que diga Hablanos al 66746).
 - Residentes de Puerto Rico que hablan español pueden enviar un mensaje de texto que diga “Háblanos” al 1-787-339-2663.
- ▶ **[National Suicide Prevention Lifeline](#)**
800-273-8255 or TTY 800-799-4889 (para español llame al 888 628 9454)

Child abuse

- ▶ **[National Child Abuse Hotline](#)**
1-800-4AChild (1-800-422-4453)
(para español presiona el 1)
Text 1-800-422-4453

Veteran Support

- ▶ **[Veteran's Crisis Line](#)**
800-273-TALK (8255)
[Crisis Chat](#)
Text 8388255

Grief

- ▶ **[Red Cross Virtual Family Assistance Center](#)**
833-492-0094 (para español presione #)

Elder care

- ▶ **[The Eldercare Locator](#)**
800-677-1116
(para español presiona el 2)
[TTY Instructions](#)

Domestic Violence

- ▶ **[National Domestic Violence Hotline](#)**
800-799-7233 or TTY 800-787-3224
(para español presione #2)

Assault

- ▶ **[National Sexual Assault Hotline](#)**
1-800-656-HOPE (4673)
(para español presione #2)
[Online Chat \(atención disponible en español\)](#)

Substance Use

- ▶ **[Substance Abuse and Mental Health Services Administration National Helpline](#)**
800-662-4357 or TTY 800-487-4889
(para Español presione #2)

LGBTQ+ Support

- ▶ **[Trans Lifeline](#)**
877-565-8860 (para español presione #2)
- ▶ **[The Trevor Project's TrevorLifeline](#)**
866-488-7386

Local Resources for Food, Housing, Jobs and Other Support:

- ▶ **[UnitedWay's 211](#)**
2-1-1
- ▶ **Feeding America**
Find Your Local Food Bank
feedingamerica.org/find-your-local-foodbank
(Información de servicios en español feedingamerica.org/en-espanol/encuentre-su-banco-de-alimentos-local)

