Axklo and mental health

A short, honest message from our team about looking after your mental health, with free helplines you can reach at any time.

Mental health is one of the most important parts of life, and one of the easiest to neglect. We want to talk about it plainly, the way you'd talk to a friend.

> *Hurting yourself, or making a choice you can never take back, is **not the answer**.*

If you're at a low point right now

It can feel so low that nobody around you could understand it. We don't have every answer, and we can't fix everything quickly. What we can tell you is that **this feeling is not permanent**, even when it's convincing you it is.

I have been through severe mental health struggles myself. I have sat at a window, angry and overwhelmed, unable to think straight. Looking back, this is what I know: ending your life closes the door on every future good day, including the ones you can't picture yet.

Your life may not have been easy. You may feel you've never had a truly happy moment. Step back and think about it. There are people who care about you, and there have been moments, even small ones, when you laughed, felt calm or enjoyed something.

Things that can help today

- **Wait a few hours** before you decide anything. Feelings this heavy shift more than you'd think.
- **Breathe**, slowly, and drink some water. Eat something if you can.
- **Step outside** or change rooms, even for five minutes.
- **Put some distance** between you and anything you could use to hurt yourself.
- **Tell one person**, even if it's one sentence: "I'm not okay right now." You don't need the perfect words.

You don't have to carry all of it today. Whatever you're facing, it is not the end of the world.

If you are in immediate danger, call your local emergency number right now, or go to someone who can be with you.

Free helplines

These services are free, confidential and open around the clock.

United States and Canada

- Suicide & Crisis Lifeline: call or text **988**
- Crisis Text Line: text **HOME** to **741741** (US) or **686868** (Canada)

United Kingdom

- Samaritans: call **116 123**
- Shout: text **SHOUT** to **85258**

European Union

- European emergency number: **112**
- Mental Health Europe lists helplines for each country

Anywhere else

- Befrienders Worldwide
- Find A Helpline

If someone tells you they're struggling

You don't need to fix it. **Listen, don't judge,** and stay with them. Ask them how they're doing and mean it. Encourage them to talk to someone who can help, and if they might be in danger, call the emergency number.

Our Safety Center also has tips on wellbeing and health for teens and adults.

Asking for help is not weakness. **You matter.**

By Murathan. Published Jul 16, 2026. Read it online at https://axklo.com/news/axklo-mentalhealth