ADDITIONAL SUPPORT

When to Get More Help

Signs it’s time to talk with someone, and where to start.

STEP 1 · START HERE

If you’re in crisis, call or text 988 (U.S.). In an emergency, call 911.

Telling one person you trust is often the hardest and most helpful step.

Undivided offers self-directed tools, not medical care, therapy or treatment. Sometimes phone use is tied to something heavier, and that deserves real support.

Consider talking with someone if

- Your phone use is hurting your sleep, work, school or relationships, and you can’t change it on your own.
- You use your phone to escape feelings that keep getting heavier, like anxiety, sadness or loneliness.
- You feel you’ve lost control and you’ve tried many times to stop.

Where to start

- **Your doctor** can help you sort out sleep, mood and next steps.
- **A licensed counselor or therapist** can help with stress, anxiety and habits.
- **A pastor or trusted church leader** can walk with you, pray with you, and help you find care.
- **Someone you trust**: telling one person is often the hardest and most helpful step.

If you’re in crisis

Call or text 988 (Suicide & Crisis Lifeline, U.S.). In an emergency, call **911**.