

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

Overcome thoughts of suicide and take care of your mental health

Sometimes, suicide may seem like the only way to escape the pain of situations such as a breakup, job loss, social exclusion, bullying or other trauma. This type of distress can be a dangerous trap. It's vital to take immediate steps to move yourself away from feelings of hopelessness. What can you do?

- **Spot the triggers.** Recognize worsening distress in the form of self-blame, poor self-esteem, rejection, loss of interest in activities or feeling trapped and hopeless.
- **Remove lethal items.** Rid your home of items you could use for self-harm, like guns, knives, razors or expired, discontinued and non-essential medicines.
- **Get help right away.** Acting quickly can make all the difference. Call or text 988 for the Suicide & Crisis Lifeline. A trained counselor will help you talk through what you're feeling, and together you'll develop a safety plan.
- **Consult with a professional.** Mental health professionals can help you with concerns like depression, anxiety and suicidal thoughts.
- **Reach out.** Talk with a close friend, loved one or spiritual advisor. If you feel you're in a crisis, dial 911.
- **Recognize feelings are temporary.** Your dark feelings aren't permanent. With responsive care, you can and will feel better.



Help is available. Visit your Employee Assistance Program member website, MagellanAscend.com or call 1-866-580-9046 (TTY 711).

