

SUICIDE PREVENTION DAY IS SEPTEMBER 10



REAL TALK ABOUT SUICIDE



More than 700,000 people die by taking their lives every year, which is one person every 40 seconds. While suicide rates are decreasing globally, rates in the Americas are increasing. **Suicide can be prevented by taking action if you or someone you know is struggling.**

If you are having thoughts of wanting to take your life, please know there is hope and help and this moment will pass. Entire networks, such as the nationwide Suicide and Crisis Lifeline (988), have been established because people want to help.

Are you concerned about someone you know? You can help in a very critical and effective way and literally save a life.

FIVE STEPS TO TAKE TO HELP SOMEONE IN DISTRESS

5 Action Steps for Helping Someone in Emotional Pain				
ASK	KEEP THEM SAFE	BE THERE	HELP THEM CONNECT	STAY CONNECTED
"Are you thinking about killing yourself"	Reduce access to lethal items or places.	Listen carefully and acknowledge their feelings.	Call or text the 988 Suicide and Crisis Lifeline number (988).	Follow up and stay connected after a crisis.
nimh.nih.gov/suicideprevention				



World Suicide Prevention Day

Creating Hope Through Action

September 10



For someone struggling:

- ❖ **ASK** the question – *Are you so sad/depressed/down/distraught/upset that you're thinking of taking your life?* Too often we avoid asking this very tough question out of discomfort, fear, or uncertainty about how to respond. If you find the answer is *yes*, ask if they have thought about how they would follow through.
- ❖ **KEEP THEM SAFE** by removing their means to harm themselves which could include guns, pills, knives, car keys, etc.
- ❖ **BE THERE** by simply listening and offering support.
- ❖ **HELP THEM CONNECT** by encouraging them to call or text 988 with you to get help. You can also help by remaining with the person until the crisis has passed.
- ❖ **STAY CONNECTED** afterwards to encourage them to make a connection with a counselor or follow up with their regular counselor.

You can learn more about factors that might determine whether someone is at risk of suicide here - [nimh.nih.gov/suicideprevention](https://www.nimh.nih.gov/suicideprevention)

Call 988—the emergency suicide hotline to get immediate help.

Look on back of your health insurance card for behavioral health and substance abuse services and the number to member services

SAMHSA's National Helpline, 1-800-662-HELP (4357)

Anthem Members: Talk to your primary care physician who can refer you to a behavioral health provider.

You can also contact Anthem's member services department who can provide a list of in-network providers or use the Anthem provider finder or via the Sydney app.

Use LiveHealth Online. Visit livehealthonline.com to schedule an appointment.

UnitedHealthcare Members: SelfCare from Able To is an app for members and provides daily mood tracking, meditation tools, guided journeys, personalized progress, and community support.

Talkspace is a behavioral health virtual visit provider group offering the capability of unlimited messaging with access to licensed clinicians.

Live and Work Well website, you can find articles, self-care tools, caring providers and other mental health and substance use disorder resources.

Kaiser Permanent Members: call 404-365-0966 to schedule an appointment.

Search mental health tools on the Kaiser Permanent site.

Use the Ginger App for all mental health resources.