

September is Suicide Prevention Awareness Month

Creating hope through action

5 STEPS THAT CAN HELP SOMEONE IN EMOTIONAL PAIN



Ask

"Are you thinking about suicide?"



Keep them safe

Reduce access to lethal items or places.



Be there

Listen carefully and acknowledge their feelings.



Help them connect

Call or text 988 or chat 988Lifeline.org to connect with the Suicide and Crisis Lifeline.



Stay connected

Follow up and stay in touch after a crisis.

Help is available. Contact your Employee Assistance Program at Member.MagellanHealthcare.com (enter Principal Core) or 1-800-450-1327 (TTY 711).

