

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](https://Member.MagellanHealthcare.com) or 1-800-356-7089 (TTY 711).



Source: NIMH.gov

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