

September is Suicide Prevention Awareness Month

# Creating hope through action



If you suspect someone is thinking about suicide, be the one to take action and have an honest conversation.

- 1 Talk to them in a private, safe place.
- 2 Listen to their story and let them know you care.
- 3 Ask them if they are thinking about suicide.
- 4 Encourage them to seek treatment or contact their doctor or a mental health professional.
- 5 Avoid debating the value of life, minimizing their problems or giving advice.
- 6 Take the person seriously. Remove lethal means and stay with them. Contact the Suicide and Crisis Lifeline by calling or texting 988, or by chatting at 988Lifeline.org.

**Let them know their life matters to you. Be the one to save a life.**

Help is available. Contact your Employee Assistance Program at [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) or 1-800-356-7089 (TTY 711).