



September is Suicide Prevention Awareness Month –
Say More, Save a Life

This year's Say More, Save a Life campaign focuses on helping people understand that talking about suicide is very important if they are worried about someone who may be struggling, or they feel suicidal. Discussing suicide does not make it more likely to happen. It helps reduce the risk of suicide.

During Suicide Prevention Awareness month, we want to remind you that your program provides a variety of emotional health and wellbeing resources including self-help tools, counseling, financial wellbeing and other services to help you on a daily basis.

Your program is free, confidential and available to you and your household members any time, day or night.

Visit the member website [[links to MagellanAscend.com](https://MagellanAscend.com) or Member.MagellanHealthcare.com] today or call 1-800-xxx-xxxx for compassionate and caring support.