

# Suicide Prevention

Know the warning signs and when to get help



People who are depressed or feeling overwhelming pressures are at increased risk for suicide. The first step toward getting the support needed is reaching out to a counselor or mental health professional. Don't hesitate to call a suicide prevention hotline for guidance on next steps to take. With proper intervention and care, it's possible to overcome suicidal crises and regain a sense of hope.

**Don't delay getting help if you or someone close to you experiences any of the following:**

- **Talking or writing** about suicide, including hints like "You'll be better off without me"
- **Withdrawal from friends or family**, saying or feeling things like "They just don't understand me"
- **Painful life event** such as a loss of a relationship
- **Expressing hopelessness**, rage, revenge or feeling trapped, worthless or guilty
- **Changes in behavior** including disinterest in pleasurable activities, giving away prized possessions
- **Taking action** such as seeking access to a weapon, pills or other means to harm yourself



## Call us for help.

If you're feeling ongoing sadness or struggle with personal, family or life problems, Health Advocate can guide you to the appropriate support and resources.

## Help is available. Reach out!

If you or a loved one need help immediately or in a crisis, call 911. You can also call or text 988 for the Suicide & Crisis Lifeline. Available 24/7/365 in any language.



**877-240-6863**

answers@HealthAdvocate.com  
HealthAdvocate.com/members

Call • Email • Message • Live Chat

 **HealthAdvocate**<sup>SM</sup>