



## Suicide Prevention Know the Warning Signs. Get Help.

**Are you struggling with suicidal thoughts?** People who are depressed or feeling overwhelming pressures are at increased risk for suicide. If you or someone you know is experiencing the warning signs below, it's important to get help right away. The first step is to talk to a counselor. Just call your Health Advocate Licensed Counselor for confidential support and resources. Or call the **National Suicide Prevention Lifeline 1-800-273-TALK (8255)**. Or call **911**. All are available **24/7**.

### Don't delay getting help if you experience or observe 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, your Health Advocate Counselor will listen and help you with coping strategies. If needed, you will receive a referral for more in-depth help. **In a crisis, emergency help is available 24/7.**



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