



# You are NOT alone

The COVID-19 pandemic's health risks and social restrictions can leave anyone—especially those who are depressed or overwhelmed by life and feeling hopeless—struggling with suicidal thoughts. But depression can be treated, and there is support to help you overcome your struggles and renew hope, even though it may feel impossible. Remember, **seeking help is a sign of strength.**

## Know the Warning Signs. Get Help.

**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. You can also call the **National Suicide Prevention Lifeline 1-800-273-TALK (8255).** **Or call 911. All are available 24/7.**

- **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”
- **Expressing hopelessness**, ongoing sadness, rage, desire for revenge, or feeling trapped, worthless or guilty
- **A painful life event** such as the loss of a relationship
- **Changes in behavior** including disinterest in pleasurable activities or, giving away prized possessions
- **Taking action** like seeking access to a weapon, pills or other means to harm oneself

### Turn to us

A Health Advocate Licensed Counselor can provide support to help manage depression, stress, anxiety, grief and more. The Counselor can also suggest mindfulness and other coping techniques to help you feel more in control and connected with others in these uncertain times.

### Other ways we can help:

- Address family, relationship, school and financial issues, substance abuse, balancing work/life and more
- Provide referrals for long-term counseling or specialized care, as needed



**866-799-2728**

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