



September is Suicide Prevention Awareness Month

Take any talk of suicide seriously.

If someone you know threatens suicide, follow these steps and get help right away.

- Call 911 or contact a suicide hotline:
 - National Suicide Prevention Lifeline (1-800-273-8255)
 - Crisis Text Line (text HOME to 741741)
- Stay with the person until the crisis has passed. If you can't, ask someone you trust to stay with the person.
- Talk about the situation as openly as possible.
- Tell the person you don't want them to die.
- Don't challenge the person by saying things like, "You're not the type to attempt suicide."
- Don't argue with the person by saying things like, "It's not as bad as you think."
- Encourage the person to seek help from an expert.

You can take steps to stop a suicide attempt. Listen and help the person find help.

For more information, visit www.healthwise.net/MagellanHealth and search for "suicide prevention."