



SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

Break the silence to save lives

Together, we can foster a culture of awareness and compassion that saves lives. Every person matters. Every sign matters. Every conversation has the potential to connect someone to the help they need.

Suicide doesn't always present clear warning signs and can happen suddenly, without any indication something is wrong. It is essential to recognize the discreet and overt signs of suicidal thoughts and behaviors.

Children and teens

- Decline in the quality of schoolwork
- Complaints about physical symptoms like stomachaches, headaches, fatigue, etc.
- Anger or hostility that seems out of character
- Withdrawal from friends, family and regular activities
- Preoccupation with death and dying
- Statements like: "I wish I were dead," or "I won't be a problem for you much longer"

Adults and seniors

- Acting anxious, agitated or behaving recklessly
- Increasing the use of alcohol or drugs
- Displaying extreme mood swings
- Giving things of value away
- Expressing thoughts of being a burden to others, feeling trapped or in unbearable pain
- Talking about feeling hopeless or having no reason to live

Helping someone who may be feeling suicidal requires sensitivity, a calm presence and immediate action. You don't have to be a mental health expert to make a difference. By paying attention, speaking up and showing someone they're not alone, you can help save a life.



**Scan the QR code to visit your member website
for more information.**

*Sources: American Academy of Child & Adolescent Psychiatry,
Substance Abuse and Mental Health Services Administration*

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