

# Taking action to prevent suicide

## Join Magellan in committing to zero suicides

Suicide rates have risen 30% in the U.S. since 2000, claiming the lives of almost 46,000 people in 2020. It is the second leading cause of death for children aged 10–14 and adults aged 35–44, and the third leading cause of death for young people aged 15–24.<sup>1</sup> As suicide has reached crisis-level proportions in our nation, it's time to recognize suicide as a public health crisis and learn about the warning signs and skills needed to save a life.

At Magellan, we believe that one suicide is too many. With our more than 50 years of behavioral healthcare experience, we empower the entire system—the individual and their loved ones, providers, and the entire community—with knowledge, education and tools to change attitudes and behaviors in an environment of uninterrupted and supportive care.

### Our solution incorporates:

- » Awareness and stigma reduction
- » Network, staff and caregiver/ family training
- » Population surveillance and early detection
- » Shift from crisis management to early prevention
- » Analytics and research
- » Tailored interventions and support by care managers
- » Digital tools for access to mental health support in real time
- » Peer support, recovery and resiliency programs

### We believe that suicide should be a never event.

We advocate for the inclusion of depression and suicide screenings in every primary care visit. We're so committed to this that we developed a collaborative care product in conjunction with NeuroFlow to enable primary care providers to screen and treat low to moderate behavioral health conditions with the support of Magellan care managers and psychiatrists.

1. <https://www.nimh.nih.gov/health/statistics/suicide>

# Next steps you can take to learn more and commit to the cause

## 1. Visit these websites:

- » **Magellan Healthcare suicide prevention resources**

[MagellanHealthcare.com/Prevent-Suicide](https://MagellanHealthcare.com/Prevent-Suicide)

Find comprehensive information and resources to help yourself or someone you know.

- » **988 Suicide and Crisis Lifeline**

[988lifeline.org](https://988lifeline.org)

Call, text or chat ([988lifeline.org](https://988lifeline.org)) 24/7 for free and confidential support. 988 is for anyone experiencing thoughts of suicide, a mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about someone else who may need crisis support.

- » **Veterans Crisis Line**

[VeteransCrisisLine.net](https://VeteransCrisisLine.net)

Connect with caring, qualified responders by call, text or chat for free, confidential support, available every day, 24/7, for veterans, service members, National Guard and reserve, and their family members and friends.

- » **Crisis Text Line**

[CrisisTextLine.org](https://CrisisTextLine.org)

When in crisis, text HOME to 741741 from anywhere in the U.S. to be connected with a trained crisis counselor for free, 24/7, confidential support.

- » **The Trevor Project**

[TheTrevorProject.org](https://TheTrevorProject.org)

Learn about crisis intervention and suicide prevention services for LGBTQ young people under the age of 25.

## 2. Work to break the stigma around mental health conditions—and normalize the need for care.

Find videos, take a pledge to support those who have a mental health or substance use condition, and more at [StampOutStigma.com](https://StampOutStigma.com).

## 3. Seek out suicide training if you have a family member or friend with a behavioral health condition.

Visit [PsychHub.com](https://PsychHub.com) to find the following training opportunities, and more:

- » **For providers**—Earn CE credit in cognitive behavioral therapy for reducing suicide risk and other behavioral health topics

- » **For organizations**—Receive Mental Health Ally certification, including suicidal behavior competency, for your workforce

- » **For individuals**—Learn more about mental health, including youth suicide prevention and suicide prevention treatment

Visit [MentalHealthFirstAid.org](https://MentalHealthFirstAid.org) to learn about a course you can take near you to identify, understand and respond to signs of mental health or substance use conditions, and more.

## 4. Support efforts to build access to behavioral healthcare.

Improved access to care—for people of all economic status and backgrounds—will go a long way toward reducing the risk of suicide.

Engage with key stakeholders to support efforts to improve access and reduce stigma: providers, lawmakers, local National Association for Mental Illness chapters, school administrators and teachers, etc.

Visit [psychhub.com/courses/collaborative-care](https://psychhub.com/courses/collaborative-care) to access a course on the collaborative care model for continuing education credits.

**If you'd like to speak with someone at Magellan about our suicide prevention efforts or more ways to get involved, please visit [MagellanHealthcare.com](https://MagellanHealthcare.com) and click on "Contact."**