

## SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

# Overcome thoughts of suicide and take care of your mental health

Sometimes, suicide may seem like the only way to escape the pain of situations such as a breakup, job loss, social exclusion, bullying or other trauma. This type of distress can be a dangerous trap. It's vital to take immediate steps to move yourself away from feelings of hopelessness. What can you do?

- **Spot the triggers.** Recognize worsening distress in the form of self-blame, poor self-esteem, rejection, loss of interest in activities or feeling trapped and hopeless.
- **Remove lethal items.** Rid your home of items you could use for self-harm, like guns, knives, razors or expired, discontinued and non-essential medicines.
- **Get help right away.** Acting quickly can make all the difference. Call or text 988 for the Suicide & Crisis Lifeline. A trained counselor will help you talk through what you're feeling, and together you'll develop a safety plan.
- **Consult with a professional.** Mental health professionals can help you with concerns like depression, anxiety and suicidal thoughts.
- **Reach out.** Talk with a close friend, loved one or spiritual advisor. If you feel you're in a crisis, dial 911.
- **Recognize feelings are temporary.** Your dark feelings aren't permanent. With responsive care, you can and will feel better.



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