

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

Choose life—Suicide is not the only option

Keep these tips in mind if you are struggling with suicidal thoughts:

- Don't try to cope on your own.
- Outline crisis action steps and contacts with a counselor or friend.
- Avoid drugs, alcohol and substances that can be misused.
- Confide in those you love and trust.
- Stay off of websites that encourage self-harm.
- List things you value: a partner, child, pet, friend, hobby, purpose, etc.



**Find additional information and resources at
MagellanHealthcare.com/Prevent-Suicide**

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