

September is Suicide Prevention Awareness Month

# Creating hope through action



## 5 STEPS THAT CAN HELP SOMEONE IN EMOTIONAL PAIN



### Ask

“Are you thinking about suicide?”



### Keep them safe

Reduce access to lethal items or places.



### Be there

Listen carefully and acknowledge their feelings.



### Help them connect

Call or text 988 or chat 988Lifeline.org to connect with the Suicide and Crisis Lifeline.



### Stay connected

Follow up and stay in touch after a crisis.

For more information and resources, visit [MagellanHealthcare.com/Prevent-Suicide](https://MagellanHealthcare.com/Prevent-Suicide).

