

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.



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

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