

Suicide Prevention

Sometimes, people who are struggling may begin to have suicidal thoughts or engage in self-harm. Common situations that may lead to these behaviors include:

- ▶ Feeling disconnected or isolated from friends, family, or their community
- ▶ Pain, depression, or feelings of hopelessness due to mental or physical illness
- ▶ Feeling as if there is no escape from a difficult or unhealthy situation

Anyone can have suicidal thoughts, regardless of age or personal situation. Even people who seem to be achieving great success may be experiencing pain, loneliness, or depression. Warning signs that a person may be struggling include:

- ▶ Talking or posting about feeling hopeless, being a burden on others, or wanting to kill themselves
- ▶ A recent severe loss or series of losses
- ▶ Giving away prized possessions
- ▶ Unusual changes in behavior or mood swings
- ▶ Seeming happier or calmer after a period of depression
- ▶ Withdrawal from friends or social activities
- ▶ Risky behavior or substance abuse

If you are concerned that a friend, colleague, or loved one may be considering suicide, take action. Helpful steps include:

- ▶ Ask “How are you?” If the answer is noncommittal, ask follow-up questions.
- ▶ Let the person know they are important to you and that they have your support.
- ▶ Encourage the person to seek assistance from LifeMatters, make an appointment with their doctor, or dial 988 to speak to the Suicide & Crisis Lifeline.

Supporting a friend or loved one who is having suicidal thoughts could have an impact on your own physical or mental health. LifeMatters is available 24/7/365 to help. Please call.



Call **LifeMatters®** by Empathia toll-free anytime.
1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing • 24/7/365
Call collect to **262-574-2509** if outside of North America
Visit **LifeMatters®** online at **mylifematters.com**

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.
Source: Life Advantages, LLC

