



September is National Suicide Prevention & Awareness Month

According to the Centers for Disease Control and Prevention (CDC), more than 47,500 Americans die by suicide every year. Read that again. **Upsetting, right?**

One way you can help lower this statistic is to talk about it. Having open conversations about mental health and emotional struggles helps reduce the stigma – which is what prevents a lot of people from seeking the help they need.

You should reach out for professional help if you or someone you know is showing any of the following warning signs:

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Giving away prized possessions
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Exhibiting daring or risk-taking behaviors
- Showing lack of interest in future plans

There are several ways you can go about getting help. If you are a student with the WellConnect benefit, you can call the support line at 866-640-4777. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255.

If you have lost a loved one to suicide, the impact can be intense and overwhelming. Know that you don't have to cope alone. Talk to a caring professional or join a support group to help you heal and move forward.

Join the movement to **#StopSuicide** and together, we can save lives.

National Suicide Prevention Lifeline
800-273-8255

Sources: Centers for Disease Control and Prevention (CDC);
Suicide Awareness Voices of Education (SAVE)



WellConnectForYou.com | 866-640-4777