

SUICIDE PREVENTION

You are not alone

Help and hope are available



The statistics around suicide in the United States are sobering. Suicide rates reached their peak in 2022, and during that year:

13.2 million people
considered suicide

3.8 million people
made a plan for suicide

Over 49,000 people
died by suicide

That's one death
every eleven minutes

Source: <https://www.cdc.gov/suicide/facts/data.html>

Due to stigma and fear of being judged, many people struggling with suicidal thoughts don't talk about it, so they suffer in silence. Addressing the issue of suicide in a caring, non-judgmental way brings it out of the shadows and is the first step toward helping people understand that there is both help and hope available.

Know the warning signs

If you or someone you know is experiencing these warning signs, get help right away.

- Talking or writing about suicide, including hints like "You'll be better off without me"
- Withdrawing from friends or family
- Expressing ongoing hopelessness, sadness, rage, a desire for revenge, or feeling trapped, worthless, or guilty
- Having recently experienced a painful life event
- Showing changes in behavior, including disinterest in pleasurable activities or giving away prized possessions
- Seeking access to a weapon, pills, or other means to harm oneself

What to do if someone you know is having suicidal thoughts or taking suicidal actions

[The National Institute of Mental Health \(NIMH\) recommends taking these actions](#)

- 1. Ask them: "Are you thinking of killing yourself?"** Although this may feel uncomfortable to ask, it could help save a life.
- 2. Keep them safe.** If possible, reduce their access to lethal objects or places.
- 3. Be there emotionally.** Listen and acknowledge their feelings.
- 4. Connect them to help.** [Call, text, or chat](#) with the 988 Suicide & Crisis Lifeline.
- 5. Stick with them.** Stay in touch after a crisis.



Need help right now?

Call the **988 Suicide & Crisis Lifeline**.

Or call 911. Both are available 24/7.

Health Advocate is here for you

For non-emergency issues, reach out to us. We can connect you to the appropriate resources to address depression, substance abuse, and other stressful emotional issues.



Call • Email • Message • Live Chat



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