



— Suicide Prevention —

# You are not alone We can help

**Struggling with suicidal thoughts can happen to anyone who is feeling depressed or overwhelmed** by grief, loss, financial burdens, relationship problems, health issues or even troublesome events going on. But depression can be treated, and there is support to help you overcome your struggles and renew hope, even though it may feel impossible. Remember, seeking help is a sign of strength.

## Know the warning signs

If you or someone you know is experiencing the warning signs below, it's important to get help right away.

**Talking or writing about suicide**, including hints like "You'll be better off without me"

**Withdrawal from friends or family**, saying or feeling things like "They just don't understand me"

**Expressing hopelessness**, ongoing sadness, rage, desire for revenge, or feeling trapped, worthless or guilty

**A painful life event** such as the loss of a relationship

**Changes in behavior** including disinterest in pleasurable activities, or giving away prized possessions

**Taking action** like seeking access to a weapon, pills or other means to harm oneself

## Get help

The first step is to talk to a counselor. **Just call Health Advocate** for confidential support and resources. You can also call the **988 Suicide & Crisis Lifeline**. Or call **911**. All are available **24/7**.

## How Health Advocate can help

We can offer assistance to connect you to the appropriate resources to address depression, substance abuse and other stressful emotional issues.



# HealthAdvocate<sup>SM</sup>