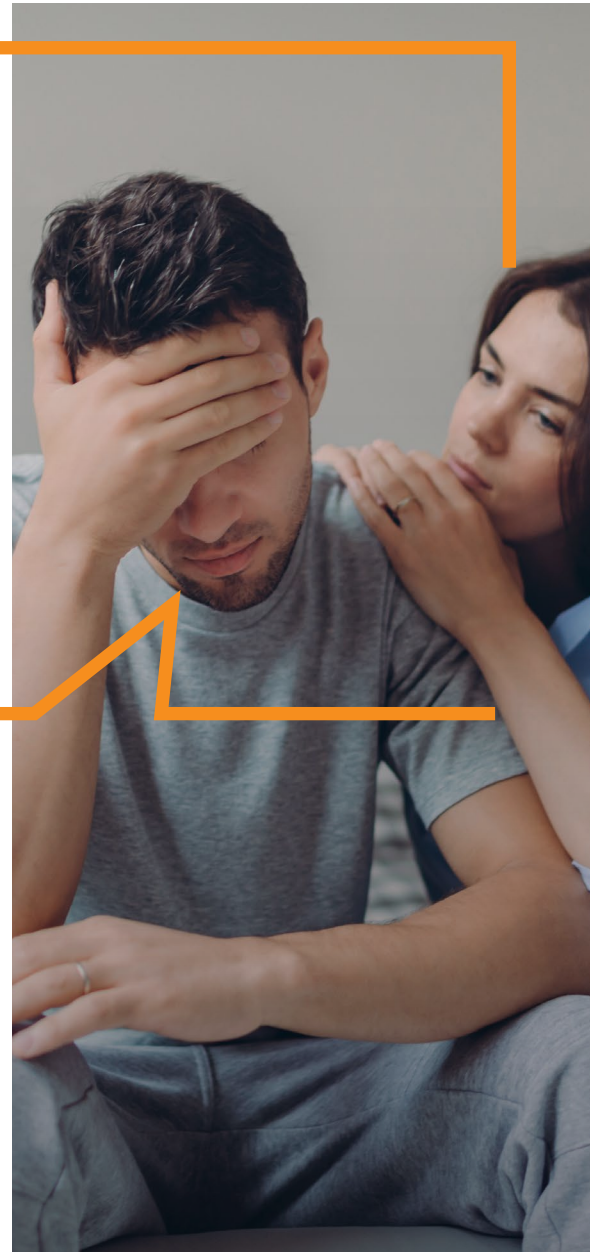


# LET'S TALK ABOUT SUICIDE

According to the National Institute of Mental Health, suicidal thoughts or behaviors are more frequent than suicide deaths and are signs of extreme anguish, for the person who is living it. It is important to emphasize that thoughts and suicidal behaviors are not harmless ways to attract attention and should not be ignored.

## WHAT IS SUICIDE?

Suicide is the act of deliberately depriving one's own life, while suicidal behavior is any action that can lead the person to death. Mental illnesses such as depression, substance use or abuse, losses and various cultural or social environments constitute an important risk factor for suicidal behavior. A person with suicidal ideas or who has already committed the act, most of the time communicates to those around them feelings of unhappiness, hopelessness, pain and loneliness.



## IF YOU NEED HELP, CONTACT:

### TeleCuidado Menonita

1-844-736-3345 (free of charge)

7 days a week, 24 hours a day

1-888-984-0128 TTY (hearing impaired)  
(numbers are on the back of the card)

PAS Line 1-800-981-0023

7 days a week, 24 hours a day



**PLAN DE SALUD  
MENONITA**

# LET'S TALK ABOUT SUICIDE

## WE MUST BE ALERT TO THE FOLLOWING SIGNS

- ⚠ Get rid of valuable belongings
- ⚠ Say goodbye or take steps to prepare for death
- ⚠ Depressed mood
- ⚠ Loss of interest in activities you enjoyed
- ⚠ Behavior changes
- ⚠ Drastic increase or loss of weight
- ⚠ Use of alcohol or drugs
- ⚠ Feelings of guilt
- ⚠ Move away from friends and family
- ⚠ Under academic achievement

## WHAT CAN WE DO?

- Do not leave the person alone and provide support.
- Ask directly what happens and if the person has thought of suicide. When asking, the idea is not being given; on the contrary, the person will feel confident.
- Listen without judging, don't get ahead of the facts and let the person express their feelings.
- Establish a plan with the person and seek professional help immediately.

### You can visit:

- Nearest Emergency Room
- Psychiatric Hospital
- Primary Care Physician
- Psychologist
- Social Worker
- Agency that provides health services

Reference: National Institute of Mental Health ([www.nimh.nih.gov](http://www.nimh.nih.gov)), [estadísticas.pr](http://estadísticas.pr), [www.asmca.pr.gov](http://www.asmca.pr.gov)



For guidance and help, call the  
**Beneficiary Service line of Plan de Salud Menonita**  
**1-866-600-4753 / 1-844-726-3345 TTY** (hearing impaired)  
Call free of charge.  
[www.MenonitaVital.com](http://www.MenonitaVital.com)

PSM complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Documents may be available in alternative formats such as large print, audio, or other languages. If you speak English, language assistance services are available free of charge. Call 1-866-600-4753 / 1-844-726-3345 TTY (hearing impaired).