

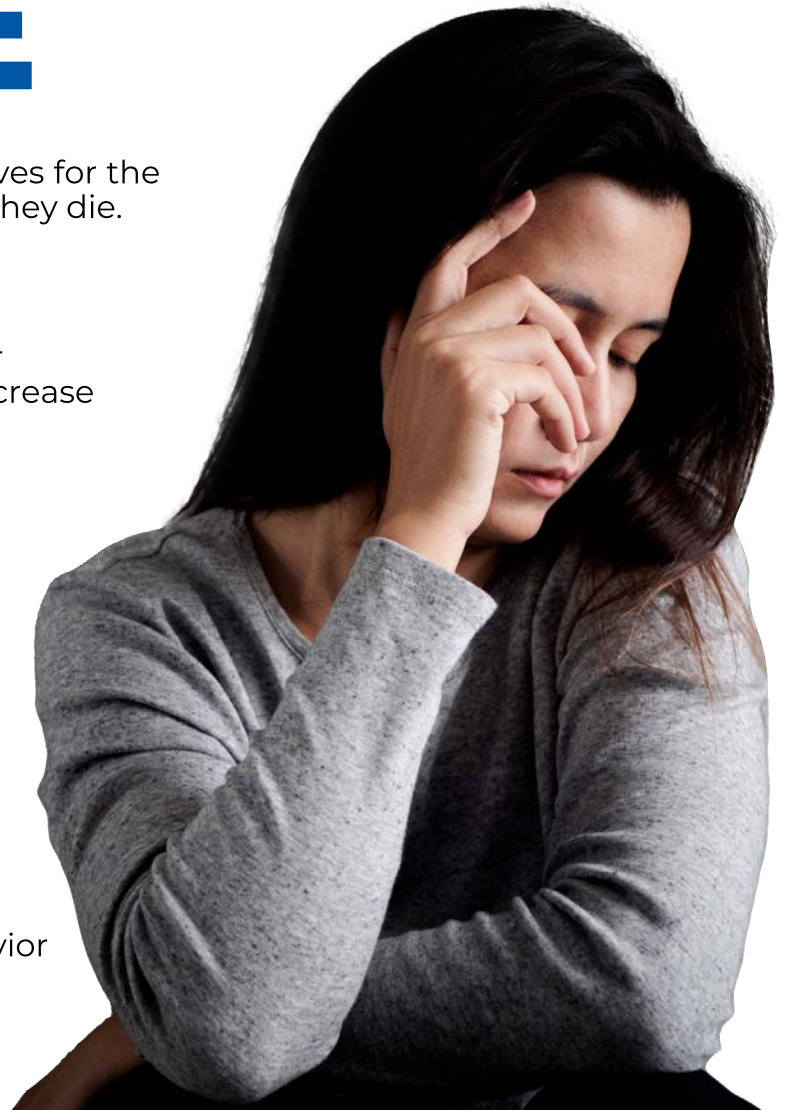
Let's talk about **SUICIDE**

Suicide occurs when people harm themselves for the purpose of ending their life and as a result they die.

SUICIDE RISK FACTORS

Anyone can experience suicidal thoughts or behavior. However, there are factors that increase the risk of suicide:

- Previous suicide attempts
- Depression or other mental disorders
- Substance abuse
- Chronic pain
- Family history of mental disorder or suicide
- Exposure to family violence, physical or sexual abuse
- Presence of guns or other firearms in the home
- Recent release from prison
- Exposure to other people's suicidal behavior



IF YOU NEED HELP, CONTACT:
TeleCuidado Menonita

1-844-736-3345 (free of charge) • 24 hours 7 days a week

1-844-726-3345 TTY (hearing impaired)

(Números están detrás de su tarjeta del plan)

Línea PAS 988 • Crisis counseling and emotional support line
24 hours 7 days a week

LET'S TALK ABOUT SUICIDE



Be alert for the following signs:

- Giving away belongings
- Say goodbye or prepare for death
- Depressed mood
- Loss of interest in activities the person used to enjoy
- Behavior changes
- Drastic weight gain or loss
- Use of alcohol or drugs
- Feelings of guilt
- Withdraws from friends and family
- Low academic achievement

WHAT CAN YOU DO?

- Don't leave the person alone and give your support.
- Ask directly what is wrong and if the person has thought about taking his own life. By asking you are NOT suggesting the idea, on the contrary, the person will feel confident.
- Listen without judgment, don't jump ahead of the facts, and let the person vent their feelings.
- Plan with the person and seek professional help immediately.

You can visit:

- Nearest emergency room
- Psychiatric Hospital
- Primary doctor
- Psychologist
- Clinical Social Worker
- Agency that provides health services



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