

# Connect with Life



Suicidal behavior is complex and there is no single cause that originates it. Some people turn to suicide either to manage the pain of a traumatic event, problems, or stressful and overwhelming situations. It is important to recognize that anyone can be at risk of making the decision to take their own life.



It can be difficult to identify the signs in a person who is considering suicide, but they can generally show certain behaviors beforehand. For example:

- Talking about suicide and expressing a desire to die or disappear.
- Withdrawing from others and displaying extreme mood swings.
- Changing the daily routine and the sleeping and eating habits.
- Increasing the use of medicines, alcohol, and other substances.
- Feeling hopeless or guilty.
- Showing self-destructive and self-negligent behavior.
- Giving away important items and talking about the need to leave “all their affairs in order.”
- Planning ways to take their own life (buy a gun, pills, rope, among others).



## How to help someone prevent suicide?



- Listen carefully, without judging or blaming.
- Avoid leaving them alone and encourage them to get help from a behavioral health professional.
- Show understanding and confidence. Transmit calm and validate their feelings.
- Ask them directly if they have considered suicide. Asking does not lead a person to commit suicide.
- Let them know that you want to help them and contact a family member.
- Call or text 988, the Suicide & Crisis Lifeline, for support.
- In case of high risk, take the person to an emergency room or call 911.



### IMPORTANT

If you are considering suicide, call or text 988 on your phone to receive immediate support from a professional or contact a trusted person and express your feelings. Stay with someone; know that you are not alone and that there is always hope. Don't hesitate to visit a Psychologist, Clinical Social Worker or Psychiatrist.

For guidance and assistance, call the  
**PSM Beneficiary Service**  
**1-866-600-4753 / 1-844-726-3345 TTY** (hearing impaired)  
 This call is free of charge.

[www.MenonitaVital.com](http://www.MenonitaVital.com)

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#### References:

- <https://medlineplus.gov/spanish/ency/article/001554.htm>
- <https://www.salud.pr.gov/CMS/108>