

KNOW HOW TO PREVENT SUICIDE

Suicide is a complex public health problem that impacts people of all ages, genders and ethnicities. While there is no single cause or risk factor, we can save lives by knowing the steps for suicide prevention.

Learn what you can do to help.

5 ACTION STEPS FOR HELPING SOMEONE

Don't ignore suicidal thoughts or actions. If you think someone is contemplating suicide, take these action steps:

- 1 Ask.** Be direct: "Are you thinking about killing yourself?" It sounds difficult, but studies show that asking does not increase suicidal thoughts.
- 2 Keep them safe.** Remove lethal items from the area and get them to a safe place.
- 3 Be there.** You could be in the room with them, on the phone or on video chat. Listen to them and acknowledge their feelings.
- 4 Help them connect.** Getting instant help is now easier than ever. Reach the Suicide & Crisis Lifeline by calling or texting 988.
- 5 Stay connected.** Even after a crisis, check in with the person at risk. Contact will increase feelings of connection and resilience.



HELP IS ALWAYS AVAILABLE AT 988

If you're worried about a loved one, friend, yourself—anyone—trained counselors are ready now and are always available. The National Suicide and Crisis Lifeline is free, confidential and open 24/7.

Call or text 988, or chat at <https://988lifeline.org/>



A GROWING PROBLEM IN THE US

Suicide rates are 30% higher than they were two decades ago. The goal of prevention is to recognize suicidal behavior and promote resilience. Here are some common suicide warning signs:

- Talking about suicide or hopelessness
- Withdrawing from family and friends
- Putting affairs in order or giving away possessions
- Taking great risks
- Sudden or extreme mood swings
- Changing eating or sleeping habits

If these warning signs apply to someone you know, get help immediately.

KNOW THE RISK FACTORS

Suicide is complex and can affect anyone. Some common risk factors include:

- Depression, mental disorder or substance use
- Chronic pain
- History of suicidal behavior
- Past trauma or abuse

If you're worried about a loved one, friend, yourself—anyone—trained counselors are ready now and are always available. The National Suicide and Crisis Lifeline is free, confidential and open 24/7.

Call or text 988, or chat at <https://988lifeline.org/>

Sources: 988 Lifeline, Centers for Disease Control and Prevention, National Institute of Mental Health



The monthly wellness topics are part of BlueElements—a health and wellness platform that encompasses six areas—physical, social, emotional, financial, professional and environmental.



Blue Cross Blue Shield of North Dakota complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. This information is available in alternate formats, free of charge, by calling Member Services at 1-844-363-8457 (toll-free) or through the North Dakota Relay at 1-800-366-6888 or 711.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).
ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888).

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association

BND-22-0101014 • 8-22 URAC 8.7