



# SUICIDE AWARENESS AND PREVENTION

Discover resources and information to help you make a difference.

It can be upsetting and scary when you have concerns that a loved one, friend or colleague may be thinking about suicide. You are not alone and neither are those in crisis.

**We offer Suicide Awareness and Prevention information and resources that can help you:**

- › Understand the risk factors and warning signs
- › Dispel common myths
- › Learn how to start the conversation
- › Connect someone at risk with 24/7 crisis resources

Visit [Cigna.com/SuicidePrevention](https://Cigna.com/SuicidePrevention)

**REAL SUPPORT FOR REAL LIFE.**



**Get 24/7 support and resources for suicide prevention.**

If you or a loved one is in crisis, please contact one of the numbers below.

National Suicide Prevention Lifeline: Call or text **988**

National Crisis Text Line: Text **HOME** to **741741** from anywhere in the United States\*

Veteran Support Line:  
Call **855.244.6211**

**In the case of an emergency, dial 911.**

**Together, all the way.®**



\*Message and data rates may apply. For privacy information, visit [www.crisistextline.org](https://www.crisistextline.org)

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**~49,449 people took their own lives last year; a 3% increase from 2021.<sup>1</sup>**

September is a time to increase awareness of suicide and equip people with the resources to discuss suicide prevention and seek help. Mental health advocates, prevention organizations, survivors, allies, and community members unite to shift the public perspective on this topic and promote awareness.

**Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Acknowledging and talking about suicide may reduce rather than increase suicidal ideation.<sup>2</sup>**

Everyone can play a part in preventing suicide through awareness and prevention.

**Awareness:** Know the risk factors and warning signs of suicide

**Prevention:** Know what say, do, and the resources available when someone is having thoughts of suicide.

**Cigna has resources to prepare members and employers when encountering a friend, colleague, or loved on who might be experiencing suicidal ideations.**

- [Cigna Knowledge Center](#) has several articles and resources, including:
  - [Suicide Risk Factors and Warning Signs](#)
  - [Suicide Warning Signs: How to Start a Conversation | Cigna](#)
- [Responding to Suicide Warning Signs in the Workplace | Cigna](#): A guide for managers
- **24/7/365 Crisis Support Line:** Members can connect with a licensed clinician when in crisis by calling the number on the back of their card.
- **Veteran Support Line:** 855.244.6211

**External Resources** include:

- **National Alliance on Mental Illness (NAMI):** [Suicide Prevention Awareness Month \(SPAM\) | NAMI: National Alliance on Mental Illness](#)
- **988 Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources.
- **#BeThe1To** is a campaign to spread the word about actions we all can take to prevent suicide.
- **The CDC** created a [Suicide Prevention Month Social Media Toolkit](#), which includes sample social media graphics and messages centered around the key role personal connections play in preventing suicide.
- [Suicide Prevention Resource Center \(sprc.org\)](#)

**Register today for upcoming Behavioral Awareness Webinars Register: [Knowledge Center | Cigna](#)**

*All links and webinars in this email can be shared and do not require any cost to access.*

<sup>1</sup> <https://www.nbcnews.com/health/mental-health/cdc-data-finds-suicides-reached-time-high-2022-rcna99327>

<sup>2</sup> [How The 5 Steps Can Help Someone Who is Suicidal - #BeThe1To](#)