



# SHEDDING THE STIGMA OF SUICIDE

Suicide is the 10th leading cause of death in the United States, yet the topics of suicide and mental illness are not often talked about. There is a myth that talking about suicide may plant the idea and increase the risk. However, the opposite is true. While difficult to discuss, talking about suicide mobilizes support, increases the likelihood of proper treatment, and sheds the stigma.

Anyone can reach out and help a friend, family member or coworker who may be depressed or suicidal. Below is information on how to help, and services and resources that your assistance program offers to help support suicide prevention.

## HOW TO HELP

1. Talk about it.
2. Empathize.
3. Encourage the use of resources:
  - Talking to a friend or therapist
  - Utilizing the assistance program
  - Calling the National Suicide Prevention Lifeline: **1-800-273-8255**
  - Calling 9-1-1 if there is a concern of imminent danger
4. Become educated about suicide and mental illness.

## ASSISTANCE PROGRAM SERVICES FOR CALLERS AND THEIR FAMILIES

- Management consultation/coaching
- Immediate clinical support:
  - Assessment
  - Safety planning
  - Connection to resources

## ADDITIONAL RESOURCES

- [Crisis Text Line](#)
  - Text **TALK** to **741-741** to text with a trained crisis counselor for free, 24/7
- [American Association of Suicidology](#)
- [National Action Alliance for Suicide Prevention](#)
- [The National Alliance on Mental Illness](#)
- [Mental Health America](#)
- [Veterans Crisis Line](#)
  - Send a text to **838255**

