



Suicide Prevention – Help is Available

If you or someone you know is at risk for suicide, CDPHP® is here to help.

ONE PHONE CALL COULD SAVE YOUR LIFE

It can be tough to ask for help, and you may not know where to turn. If you're ready to take the first step, we're here for you. As a CDPHP member, you have free access to licensed mental health professionals at our CDPHP Behavioral Health Access Center who can:

- ▶ Listen to you
- ▶ Talk about ways to keep you safe
- ▶ Connect you to resources that can help with different issues you may be facing
- ▶ Offer you ongoing support

We can also help with other mental health needs such as locating health care providers, reviewing mental health and substance use benefits, helping to understand a diagnosis, and assistance with community resources.

Give us a call at **1-888-320-9584** between 8 a.m. and 6 p.m., Monday through Friday and press "1."

AFTER-HOURS CRISIS HOTLINE

If you're in a crisis, don't delay calling for help. Call our crisis hotline on evenings and weekends to be transferred to a live, licensed mental health professional.

Call **1-888-320-9584** and press "1" to be connected with our crisis line.

SIGNS OF SUICIDE

You or a loved one might be having different thoughts or emotions. If any of these signs come up, seek help immediately.

- Talking about wanting to die or cause harm to your body
- Looking for a way to kill yourself, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Giving away items or possessions
- Acting anxious or agitated
- Sleeping too little or too much
- Withdrawing or isolating from others
- Extreme mood swings (lots of happiness or sadness)

