



Help a loved one find hope

Suicide awareness and support



Suicide doesn't discriminate. It can affect people from any walk of life — no matter their race, age, gender, or income. But there are real, effective ways to help prevent it, and we all have a role to play. That's why it's vital to know the warning signs and what you can do to help someone in need. It might help you save a life.

Know the warning signs

If you think a loved one may be at risk for suicide, look for [changes in the way they speak and act](#), such as differences in daily habits, withdrawing from loved ones, mood changes, or talk of death or suicide.¹

Take the threat of suicide seriously

If you are concerned about someone close to you, these are six actions you can take:²

Reach out	Listen	Build connections	Keep them safe	Know when to get more help	Follow up

[Learn more about each of these steps](#) and how they work together to help someone dealing with suicidal thoughts.

If someone you know has made a suicide attempt or says they have plans to do so, seek help right away. Don't leave the person alone — call 911 or take them to an emergency room. You can also call, text, or chat the 988 Suicide & Crisis Lifeline to talk with a crisis counselor.

¹ National Institute of Mental Health: *Suicide Prevention* (accessed July 2023): nimh.nih.gov.

² National Institute of Mental Health: *5 Action Steps for Helping Someone in Emotional Pain* (accessed July 2023): nimh.nih.gov.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

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Lean on your EAP for extra support

Your Employee Assistance Program (EAP) offers tools and resources to help you or someone who's struggling. You can book counseling sessions for you and your family members at no extra cost, plus access educational materials on suicide prevention and other wellness issues, such as mental health, addiction, and grief.

To use these resources, go to anthemEAP.com and log in with company name: **Commonwealth of Virginia**. If you need help, call **1-855-223-9277** anytime 24/7.