

# September is Suicide Awareness Month.



Suicide is a leading cause of death in the United States. We can all work together to reduce the risk by knowing the warning signs, having honest conversations, and using resources to get help.

#### **Warning signs that may mean someone is at risk include:**

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Source: <https://www.samhsa.gov/suicide>



#### **Have an honest conversation:**

- Talk to them in private
- Listen to their story
- Tell them you care about them
- Ask directly if they are thinking about suicide
- Encourage them to seek treatment or contact their doctor or therapist
- Avoid debating the value of life, minimizing their problems or giving advice

#### **If a person says they are considering suicide:**

- Take the person seriously
- Stay with them
- Help them remove lethal means
- Contact crisis services by phone/text
- Escort them to mental health services or an emergency room

Source: <https://afsp.org/what-to-do-when-someone-is-at-risk>

**It's how we treat people.**

# Resources for you



## **Crisis assistance for MedStar Health associates and household members:**

**24/7 phone crisis support by the MedStar EAP (provided by BHS)  
866-765-3277**

Services are available 24 hours a day, 7 days a week. Your call will be answered by a master's-level clinician, and all calls are confidential.

### **National help line:**

Call 988 or text TALK to 741741 for 24/7 support from a trained crisis responder

## **Mental health resources:**

**Talk to your own physician or primary care provider**

**Free counseling and therapy referrals by the MedStar EAP (provided by BHS)  
866-765-3277**

Services are available 24 hours a day, 7 days a week. Your call will be answered by master's-level clinician, and all calls are confidential. Five (5) free counseling sessions are provided to associates and their household members. For longer-term treatment, they will connect you with a therapist in your insurance network.

**MedStar Health Expedited Mental Health appointments  
202-944-5400**

*(choose "schedule appointment" then "existing patient" – identify yourself as a MedStar associate if you leave a message)*

You will get a call back within 1-2 business days and an appointment is usually scheduled within two weeks; efforts will be made for earlier appointments for urgent needs. Family members will be given priority but may have a longer wait than associates. Medication management and talk therapy are available.



**For more resources,  
please use this  
QR code:**



**It's how we treat people.**

 **MedStar Health**