

Suicide Preventions



Suicide is a complex issue with no single cause or solution. However, one thing is certain: it's preventable. September is National Suicide Prevention Awareness Month, a time to shed light on this critical topic, challenge stigma, and empower individuals and communities to take action.

Beyond Awareness, Towards Action

While raising awareness is crucial, true progress lies in action.

Here's how you can make a difference:

- 1 **Talk openly and honestly about suicide:** Break the silence and create a safe space for conversations about mental health struggles.
- 2 **Learn the warning signs:** Be aware of changes in behavior or mood that may indicate suicidal thoughts, such as social withdrawal, hopelessness, or talking about wanting to die.
- 3 **Know how to help:** Familiarize yourself with resources like the National Suicide Prevention Lifeline (988) or crisis text lines (text HOME to 741741).
- 4 **Seek help if you're struggling:** Remember, you're not alone. Reach out to a trusted friend, family member, therapist, or call a helpline.
- 5 **Challenge stigma:** Combat negative stereotypes and discrimination surrounding mental health and suicide.
- 6 **Advocate for accessible mental health care:** Support policies that increase access to therapy, counseling, and other mental health services.
- 7 **Promote self-care:** Encourage healthy habits like regular exercise, healthy eating, and getting enough sleep, which can improve mental well-being.

REMEMBER, YOU CAN MAKE A DIFFERENCE

- Every conversation, every act of kindness, every effort to break the stigma can save a life
- There is hope, even in the darkest moments

Together, we can create a world where everyone has access to the support they need and suicide is no longer a silent epidemic. Let's keep the conversation going, beyond September, and build a future filled with hope and healing.

Start feeling like yourself again

Discover how Teladoc Health
Mental Health can help



Talk to a licensed mental health expert of your choice by {{phone or video}}, 7 days a week, from the privacy of your home.

Get help for:

- Anxiety and depression
- Negative thought patterns
- Sleep issues
- Relationship conflicts
- Trauma and PTSD
- Medication management (psychiatry only)

Start making progress:

1. Register and fill out a brief medical history
2. Choose the mental health expert who's right for you
3. Schedule a visit for a day and time that fits your schedule

Get started today

Visit mystrength.com/start
Call 1-800-TELADOC (800-835-2362) | Download the app  