

# Suicide awareness



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. It might help you save a life. Warning signs of suicide may include:

- Differences in exercise, eating, or sleep habits.
- Increases in alcohol or drug use.
- Talk of feeling hopeless, trapped, or in pain.
- Withdrawing from family and friends.

If you or a loved one is struggling, your Employee Assistance Program (EAP) can help with access to tools, resources, and mental health support — at no extra cost. If it's an emergency, call **988** to reach the National Suicide Prevention Hotline or go to your nearest emergency room.

## Your EAP is here for you

Lean on these resources when you need help.



### Counseling

Talk to a licensed counselor in person or online. You and your household members each have a set number of visits per issue per year at no extra cost.\*



### Self-paced learning materials

Explore short, educational articles, podcasts, and videos on dozens of emotional wellness topics.

## Get the help you need, 24/7

Visit [anthem.com/eap](https://www.anthem.com/eap).

Scan this QR code with your phone's camera to access your EAP.



Source: National Institutes of Mental Health. *Suicide Prevention* (August 2023). [nimh.nih.gov](https://www.nimh.nih.gov).

\* Appointments subject to the availability of a therapist. 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.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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