

MENTAL HEALTH SPOTLIGHT: SUICIDE PREVENTION AWARENESS MONTH

90% of people who die by suicide experienced symptoms of a mental health condition, and 46% have a diagnosed Mental Health Condition. Suicidal thoughts are a symptom of something bigger, and just like other symptoms, they can be treated and improved, so make an appointment with a health care professional to talk about what you're thinking or how you're feeling. If you start to think about suicide, call the 988 Crisis Line, call a trusted friend, or you can even text "NAMI" to 741-741 to be connected with a counselor if you're uncomfortable talking on the phone.

988
SUICIDE
& CRISIS
LIFELINE

DID YOU KNOW?
THE "SUICIDE
PREVENTION LIFELINE"
IS NOW THE "SUICIDE &
CRISIS LIFELINE" AND
HAS A NEW, EASIER TO
REMEMBER, NUMBER!

Tips for Talking With Your Health Care Provider About Your Mental Health



**Talk to your
primary care
provider**



**Prepare
ahead of
your visit**



**Bring a
friend or
relative**



**Be
honest**



**Ask
questions**

