

+ RISK FACTORS AND WARNING SIGNS

Suicide Awareness

Suicide is a devastating act that can seem to have come from nowhere. But sometimes people give clues that they're thinking of suicide. It can be helpful to understand that a person might be at risk, and learn to recognize signs that might warn of a suicide attempt.

Risk factors: could make a suicide more likely.

Depression or other mental health illness

If several of the following conditions occur nearly every day for two weeks or more, it could indicate depression.

- + Feeling hopeless, helpless, worthless, sad
- + Loss of interest in life and things that would normally be enjoyable
- + Changes in eating, sleeping patterns
- + Tiredness, low energy
- + Feeling anxious, irritable, restless
- + Physical pain without a physical cause
- + Drop in performance at work or school
- + Trouble focusing or making decisions
- + Not wanting to be around other people
- + Thoughts of death or suicide

Other risk factors

- + Alcohol and drug use
- + A previous suicide attempt
- + A family history of depression, suicide, abuse
- + A major loss – a death, relationship, home
- + An event that causes shame, guilt, disgrace
- + Physical health problems
- + Learning of someone else's suicidal behavior
- + Easy access to the means to commit suicide
- + Being impulsive or isolated

Warning signs: may indicate that an attempt is close.

- + Direct threats to hurt or kill oneself
- + Looking for a way to commit suicide– buying a gun or stockpiling pills, for example
- + A focus on death – talking, writing, drawing or posting online about death or suicide, listening to music related to death, looking at websites that discuss suicide
- + Having a plan for an attempt; generally, the more detailed the plan, the higher the risk
- + Behaviors and moods associated with depression as described
- + A change in personality or mood – including suddenly becoming very happy after being sad
- + Neglect of appearance or cleanliness
- + Doing risky or self-destructive things
- + Giving away meaningful belongings
- + Taking care of end-of-life affairs, such as making a will, or getting life insurance in order
- + Saying goodbye to friends and loved ones

Take immediate action to get help

if a person appears intoxicated, has risk factors for suicide, and/or has made a direct threat to hurt or kill themselves.

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