



# I'm feeling unworthy

## Suicide awareness and resources

Death by suicide is a tragic and growing problem. It affects people from all walks of life. Sadly, people often don't want to talk about it — they don't know how to talk about it. People who are contemplating suicide may be too ashamed or embarrassed to reach out for help. And their loved ones don't know how to help or what to say.

The following information may help you or a loved one learn more about suicide — risks, warning signs, and prevention.

### **SOME RISK FACTORS FOR SUICIDE:**

- Past attempts
- Substance use
- Family history of suicide
- A chronic medical condition
- Mental health conditions such as depression
- A significant life event such as loss of a job or loved one, end of a relationship, or financial problems

## WARNING SIGNS MAY INCLUDE:

- Changes in behavior or mood
- Withdrawal from friends and family
- Thinking about and talking about death or suicide
- Increased drug or alcohol use
- Giving away important possessions
- Talking about feeling unworthy, helpless, or hopeless or that they'd be better off dead

## WHAT YOU CAN DO:

If you think someone might be thinking about suicide, or if they've told you they are, seek help right away. If someone is in immediate danger, call 911 or go to the nearest Emergency Department.

Here are a few steps to keep in mind that may help if you're concerned about a friend or loved one:

- Speak up if you're worried. Talk openly about your concerns and ask questions about their plans.
- Let them know how much you care. Be there to listen about their thoughts and feelings.
- Help keep them safe by removing things they might use to harm themselves: guns, pills, knives, etc.
- Encourage them to get help. Offer specific steps they can take, such as calling the National Suicide Prevention line or seeing a mental health professional. Help the person find resources, and reach out for help yourself if they won't.

## ONLINE RESOURCES FOR MORE INFORMATION:

For additional help or to learn more about suicide, go to any of the resources below:

- American Foundation for Suicide Prevention: [afsp.org](https://afsp.org)
- National Suicide Prevention Lifeline: [SuicidePreventionLifeLine.org](https://SuicidePreventionLifeLine.org)
- Suicide Awareness Voices of Education: [Save.org](https://Save.org)
- Veterans Crisis Line: [VeteransCrisisLine.net](https://VeteransCrisisLine.net)

**If you or someone you know is thinking about suicide, seek help right away. If someone is in immediate danger, call 911 or go to the closest emergency room. To talk with a trained counselor, you can call the National Suicide Prevention Lifeline any time at 1-800-273-TALK (1-800-273-8255).**

### Sources

American Psychiatric Association. Suicide Prevention. Accessed 2/18/20. <https://www.psychiatry.org/patients-families/suicide-prevention>

American Psychological Association. Suicide warning signs. Accessed 2/18/20. <https://www.apa.org/topics/suicide/signs>

Centers for Disease Control and Prevention. Suicide prevention. Accessed 2/18/20. <https://www.cdc.gov/violenceprevention/suicide/prevention.html>

Helpguide.org. Suicide prevention. Accessed 2/18/20. <https://www.helpguide.org/articles/suicide-prevention/suicide-prevention.html#launch>

**For more information, call your Employee Assistance Program at 1-800-234-5465 or visit [liveandworkwell.com](https://liveandworkwell.com) and log in using your HealthSafeID or access code [claremontcolleges](https://claremontcolleges.edu).**

Available 24 hours a day, seven days a week.



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**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.