



Mental health support: suicide prevention

We all worry and struggle with feelings at different times. Many people wonder if they have mental health problems and some are afraid to get help. Here's what you should know.

They may feel sad or elated, anxious, depressed, overwhelmed, fearful, disoriented, or forgetful. Relationships may become difficult. Work seems harder than it used to be. Something feels wrong. Life may be a struggle. If feelings or symptoms are affecting your life, consider getting help. Mental illnesses can be successfully treated.



Gaining perspective on suicide?

Understand it's not a character flaw to have thoughts of self-harm or a desire to escape mental anguish. Yet in order for you to feel better, you must acknowledge that you need help and reach out to someone.

Know that there are some circumstances or conditions that may increase your risk for suicide. They include drug and alcohol use, depression, a family history of suicide or the recent suicide or death of a friend.

Make sure to pay attention to your feelings and reach out for help. There are people around you who care and would welcome the opportunity to help. Suicidal thoughts are usually a serious symptom of a treatable illness. The key to dealing with suicidal thinking is treatment of the underlying illness.



There are a variety of resources available to yourself and loved ones on **[Yousupported.com](https://www.yousupported.com)**

Our Critical Support Center offers emotional support resources and information when you need it most. Find a variety of topic areas including mental health, traumatic events, natural disasters, grief and loss, supporting adolescents in crisis and more.



Ways to seek help

- **A psychiatrist or other mental health care professional** is an excellent choice. Suicidal thoughts need to be taken seriously and evaluated carefully. If you are in treatment and are feeling suicidal, you should call your doctor or therapist right away.
- **Suicide Hotlines are another source of help for you.** Available 24/7, they offer a quick means of reaching someone who cares in the time it takes to make a phone call. One of the hotlines' biggest advantages is that they permit you to remain anonymous; no one needs to know who you are or any other identifying information.
- **Find help online if it's more comfortable for you,** but choose the site carefully. Some suicide bulletin boards have little traffic and may not respond very quickly to your needs, although some sites may be excellent in supporting you over time.
- **Clergy, family members and friends** can be good support systems, particularly those you trust enough to confide in. Friends and family members in particular have an emotional investment in their relationship with you and much to lose if you are successful in taking your own life. Allow them to be there for you when you need it.



Steps you can take

- **Safely store medications** by asking a friend or family member to hold onto them, so they cannot be used in a suicide attempt
- **Keep phone numbers for hotlines** and mental health professionals easily accessible.
- **Pay attention to your moods and feelings** and be on the lookout for a return to persistent thoughts of self-harm. Practice self-observation and recognize when you need support and where you can find it.
- **Remove firearms or other means of lethal injury** from your home, so the means to end your life are not readily at hand.



Real people. Real life. Real solutions.

To access specific benefits information visit [Liveandworkwell.com](https://www.liveandworkwell.com) and log in with your HealthSafeID or company access code: **Railroad**



Call for Support at 1-866-850-6212

United Behavioral Health offers support from specially trained, mental health specialists to help anyone who is overwhelmed, depressed, or searching for answers.

Call or text 988 to reach the 988 Suicide & Crisis Lifeline. There is hope.



If you have thoughts of hurting yourself or others — or you know someone having those thoughts — seek help right away. If you or someone you know is in immediate danger, call **911** — or go to the closest emergency room. To reach a trained crisis counselor, call the 988 Suicide & Crisis Lifeline (previously known as the National Suicide Prevention Lifeline) at **988** or **1-800-273-TALK** (1-800-273-8255). You may also text **988** or chat at 988.lifeline.org. The lifeline provides 24/7 free and confidential support.*



Critical support when you need it

Visit [YouSupported.com](https://www.yousupported.com) for additional critical support resources and information.



*The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 250 additional languages for people who call 988.

If you're pregnant, physically inactive or have a health condition like arthritis, diabetes or heart disease, check with your doctor before starting an exercise program or increasing your activity level. They can tell you what types and amounts of activities are safe for you.

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.

Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks or the property of their respective owners. Optum is an equal opportunity employer.

© 2023 Optum, Inc. All rights reserved. WF8463081 225546-122022 OHC