



# Recognizing the Signs and Finding Help

Many people will face mental health challenges at some point in their life and the severity of the problem will vary from person to person. This toolkit with its embedded resources is a good reminder to practice self-care, and pay attention to those around you who may be feeling sad and desperate, and are in need of some extra support.



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Pick a topic and let's  
get started

## Resource

Read about  
reducing the risk of  
suicide through better  
mental health.

[Click Here](#)

Enroll in a Learn to Live program at no cost:

Blue Cross and Blue Shield of Texas members (ages 13+) can visit:  
[www.learntolive.com/welcome/BCBSTX](http://www.learntolive.com/welcome/BCBSTX) and enter code **BETTERME**

# Recognizing the Signs

Suicide affects thousands of people in the United States every year. It's a serious issue that can happen to anyone, regardless of their age, gender, or background. It might be difficult to recognize the signs of suicide. Below are some things that may indicate that you or someone you know is at risk:



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## What They Might Say

- I feel hopeless
- I'm a burden to others
- I have no reason to live
- I want to kill myself
- I can't stand the pain
- I feel trapped

## How They Might Act

- Impulsive
- Agitated
- Withdrawn
- Taking risks
- Anxious
- Too much sleep
- Not enough sleep

## What Their Mood Might Be Like

- Extreme mood swings
- Suddenly happy
- Calmer
- Showing rage
- Seeking revenge
- Loss of interest

## Resource

Suicide Prevention Webinar



BCBSTX Members can view using "BETTERME" access code

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# Providing Support

If you know someone who is talking about suicide, it's important to take them seriously. Here is a framework you can follow:



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## Have an Honest Conversation

- Talk to them in private
- Listen to their story
- Tell them you care about them
- Ask directly if they are thinking about suicide
- Encourage them to seek treatment or to contact their doctor or therapist
- Avoid debating the value of life, minimizing their problems or giving advice

## *If Someone is Considering Suicide*

- Take them seriously
- Do not leave the person alone
- Help them remove lethal means such as firearms, alcohol, drugs, or sharp objects
- Dial 988 for the Suicide and Crisis Lifeline to speak with a trained crisis counselor for free, 24/7
- [www.988lifeline.org](http://www.988lifeline.org)
- Personally take them to the nearest emergency room

## *If Someone is Not Considering Suicide*

- Offer encouragement and help them find support
- Support them in building connections with family and community
- Help them find or rebuild a sense of purpose
- Seek professional medical or mental health care
- Connect them with confidential online resources

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## Finding Help

### Learn to Live is not a crisis center

If you or someone you know is in crisis or experiencing thoughts of self-harm or suicide, seek immediate help.



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#### *If there is a suicide crisis:*

- There are special phone numbers you can call to talk to trained people who can help you.
- *If you are experiencing a life-threatening crisis, please call the National Suicide Prevention Lifeline. It is a free, 24-hour hotline, at 988.* Your call will be connected to the crisis center nearest to you.
- *If you are in an emergency, call 911* or go to your nearest emergency room. They can also help with a suicide assessment.

#### *If there is not an immediate suicide crisis:*

A licensed therapist is often a good place to start. In cases where medications may be helpful, they will refer you to someone that can write a prescription. They may also be able to help you find a local support group.

- Look at your insurance card to find a therapist who provides cognitive behavioral therapy (CBT), and make an appointment.
- Here are links to find some of the most qualified CBT providers.
  - [Association for Behavioral and Cognitive Therapies](#) | [Click Here](#) 
  - [Academy of Cognitive and Behavioral Therapies](#) | [Click Here](#) 

#### Resource

Suicide Prevention:  
Helping Someone  
In Crisis

[Click Here](#) 

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