



SUICIDE AWARENESS AND PREVENTION

Discover resources and information to help you make a difference.

It can be upsetting and scary when you have concerns that a loved one, friend or colleague may be thinking about suicide. You are not alone and neither are those in crisis.

We offer Suicide Awareness and Prevention information and resources that can help you:

- › Understand the risk factors and warning signs
- › Dispel common myths
- › Learn how to start the conversation
- › Connect someone at risk with 24/7 crisis resources

Visit **Cigna.com/SuicidePrevention**

REAL SUPPORT FOR REAL LIFE.



Get 24/7 support and resources for suicide prevention.

If you or a loved one is in crisis, please contact one of the numbers below.

National Suicide Prevention Lifeline: Call or text **988**

National Crisis Text Line: Text **HOME** to **741741** from anywhere in the United States*

Veteran Support Line:
Call **855.244.6211**

In the case of an emergency, dial 911.

Together, all the way.®



*Message and data rates may apply. For privacy information, visit www.crisistextline.org

Any reference to the products, services, information or websites of any third party is provided for informational purposes only. Your use of this content is at your sole risk.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Evernorth Care Solutions, Inc. and Evernorth Behavioral Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

931424 b 09/22 © 2022 Cigna. Some content provided under license.