



~49,449 people took their own lives last year; a 3% increase from 2021.¹

September is a time to increase awareness of suicide and equip people with the resources to discuss suicide prevention and seek help. Mental health advocates, prevention organizations, survivors, allies, and community members unite to shift the public perspective on this topic and promote awareness.

Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Acknowledging and talking about suicide may reduce rather than increase suicidal ideation.²

Everyone can play a part in preventing suicide through awareness and prevention.

Awareness: Know the risk factors and warning signs of suicide

Prevention: Know what say, do, and the resources available when someone is having thoughts of suicide.

Cigna has resources to prepare members and employers when encountering a friend, colleague, or loved one who might be experiencing suicidal ideations.

- [Cigna Knowledge Center](#) has several articles and resources, including:
 - [Suicide Risk Factors and Warning Signs](#)
 - [Suicide Warning Signs: How to Start a Conversation | Cigna](#)
- [Responding to Suicide Warning Signs in the Workplace | Cigna](#): A guide for managers
- **24/7/365 Crisis Support Line:** Members can connect with a licensed clinician when in crisis by calling the number on the back of their card.
- **Veteran Support Line:** 855.244.6211

External Resources include:

- **National Alliance on Mental Illness (NAMI):** [Suicide Prevention Awareness Month \(SPAM\) | NAMI: National Alliance on Mental Illness](#)
- **988 Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources.
- **#BeThe1To** is a campaign to spread the word about actions we all can take to prevent suicide.
- The CDC created a [Suicide Prevention Month Social Media Toolkit](#), which includes sample social media graphics and messages centered around the key role personal connections play in preventing suicide.
- [Suicide Prevention Resource Center \(sprc.org\)](#)

Register today for upcoming Behavioral Awareness Webinars Register: [Knowledge Center | Cigna](#)

All links and webinars in this email can be shared and do not require any cost to access.

¹ <https://www.nbcnews.com/health/mental-health/cdc-data-finds-suicides-reached-time-high-2022-rcna99327>

² [How The 5 Steps Can Help Someone Who is Suicidal - #BeThe1To](#)