



# 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.

**Cigna offers 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**, under Individuals and Families, go to the Health and Wellness tab and click on Suicide Awareness and Prevention.

**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.

**Cigna EAP: 855.566.4295**

National Suicide Prevention Lifeline: **800.273.8255**

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

Cigna Veteran Support Line: **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](http://www.crisistextline.org)

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