Anyone who is feeling depressed or overwhelmed by grief, loss, financial burdens, relationship problems, health issues or even troublesome events going on could be at risk of struggling with suicidal thoughts. But depression can be treated, and there is support to help you overcome your struggles and renew hope, even though it may feel impossible. Remember, seeking help is a sign of strength.

Know the warning signs

If you or someone you know is experiencing the warning signs below, it’s important to get help right away.

- Talking or writing about suicide, including hints like “You’ll be better off without me”
- Withdrawal from friends or family, saying or feeling things like “They just don’t understand me”
- Expressing hopelessness, ongoing sadness, rage, desire for revenge, or feeling trapped, worthless or guilty
- A painful life event such as the loss of a relationship
- Changes in behavior including disinterest in pleasurable activities, or giving away prized possessions
- Taking actions like seeking access to a weapon, pills or other means to harm oneself

Health Advocate is here to help you

For non-emergency issues, reach out to Health Advocate. We can connect you to the appropriate resources to address depression, substance abuse and other stressful emotional issues.

Need help right now?
Call the 988 Suicide & Crisis Lifeline. Or call 911. Both are available 24/7.

866.695.8622
answers@HealthAdvocate.com
Web: HealthAdvocate.com/members

Call • Email • Message • Live Chat