

Not All Wounds **Are Visible**

It can be frightening if someone you love or know talks about having suicidal ideations. It can be even more alarming if you find yourself thinking about death and giving up on life. You need to take these kinds of thoughts and feelings seriously. Suicide is permanent, leaving your loved ones to deal with the devastating aftermath. Don't suffer alone. Understanding the issues concerning suicide and mental health is an important way to get involved and help those in crisis. Let's normalize talking about depression and asking questions about suicide. We all need to be familiar with the risk factors and warning signs.



"Fight the war within to survive outside." - Unknown

Risk factor examples:

- Hopelessness
- Lack of social support
- Job loss
- Mental disorders
- History of trauma or abuse
- Substance abuse disorders
- Family history of suicide
- Previous suicide attempts

Warning sign examples:

- Talking about feeling hopeless and having no reason to live
- Talking about being a burden to others
- Withdrawing and isolating themselves
- Sleep pattern changes (sleeping too much or too little)
- Increased use of alcohol or drugs
- Buying guns or other weapons
- Talking about wanting to die or kill themselves
- Looking for a way to kill themselves

In therapy, you'll be given a safe space to process your thoughts, feelings, and emotions regarding what you're going through. Schedule an appointment with your CareATC Provider to discuss your mental health needs and concerns.

Suicide is not the answer. There is hope. If you or someone you know are experiencing depression and/or having suicidal thoughts, please call 911 in an emergency. Contact the National Suicide Prevention Lifeline at 800-273-8255 or text 7141741. Help is available 24 hours per day, 7 days a week. **You are never alone.**

Three easy ways to schedule an appointment:

📞 800.993.8244 🖥️ www.careatc.com/patients 📱 CareATC app



THE
POWER
TO BE WELL.