Tell them as much as you can. This will help you both make better choices about your treatment.

If you’re ever unhappy with your treatment plan or you’re not seeing results, call us. We can help find you a new provider to work with if needed.

**Suicide Education and Advocacy Resources**
National Suicide Prevention Lifeline  
1-800-273-TALK (1-800-273-8255)

National Alliance for Mental Illness  
www.nami.org  
1-800-950-6264

National Institute of Mental Illness  
www.nimh.nih.gov

U.S. Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA)  
www.mentalhealth.samhsa.gov

**Contact us**
We are available 24 hours a day, 7 days a week.

Please call us: 800-224-1991

www.cenpatico.com

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**Who does suicide affect?**
Suicide is a very real problem that affects many people. It affects all genders, races and ethnicities.

Between 30 and 70 percent of suicide victims suffer from depression or bipolar disorder.*

**ANY SUICIDE THREAT OR ATTEMPT SHOULD BE TAKEN VERY SERIOUSLY**

**Signs of a possible problem:**
- Verbal threats like “I won’t be around much longer” or “You’d all be better off without me”
- Statements of hopelessness or helplessness
- A previous suicide attempt

*(Mental Health America, 2007)*
Your role in treatment
A treatment plan is made by you and your provider and may include:
• Medicine.
• Personal or family therapy.
• Support from friends, family, and peers.
• Talking with other providers.

Ways you can help:
If you feel a loved one is suicidal, here are things you can do.
• Trust your instincts that a person might be in trouble.
• Talk with the person about your concerns. Listen!
• Ask direct questions. Do not judge. Find out if the person has a plan. Remember, the more detailed the plan, the greater the risk.
• Get professional help, even if the person resists.
• Do not leave the person alone.
• Do not swear to keep it a secret.
• Do not act shocked or judgmental.
• Do not counsel the person yourself.

Feeling better
The key person in recovery is YOU. You and your provider should make a treatment plan based on your goals for your health. Help your provider by talking about your feelings and progress.