

FACTS:

Suicide is the second leading cause of death of individuals in the U.S. between the ages of 10 and 34.*

Here are some common warning signs:**

- **Withdrawing from people and activities**
- **A sense of total hopelessness**
- **Giving away possessions**
- **Saying goodbyes with a sense of finality**
- **Stockpiling drugs or securing a weapon**
- **Obsession with death**
- **Dramatic changes in mood or behavior**
- **Increasing alcohol or drug use**

2ND LEADING CAUSE

If a person is considering suicide or is talking about harming others, it's important to take quick action.

- **If there is an immediate crisis, call the Suicide and Crisis Lifeline at 988 or 1-800-273-8255.**
- **Remove anything they could use to harm themselves, such as firearms.**
- **Stay with the person until you can get outside advice or assistance.**

Get more facts and learn more at bcbsm.com/mentalhealth.

*National Institute of Mental Health

**National Alliance on Mental Illness