



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.

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.®



Human Resources
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*Message and data rates may apply. For privacy information, visit www.crisistextline.org

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