



Suicide Prevention

Magellan Complete Care's goal is that with education people will seek the treatment they need. Recognizing some of these suicide-warning signs is the first step in helping yourself or someone you care about.

Seek help!

Seeking help is a sign of strength. If you are worried, go with your gut and get help!

If you are in crisis and need help you can call this toll-free number, open 24 hours a day, every day 1-800-273-TALK (8255). You will reach the National Suicide Prevention Lifeline, a service for anyone.

You may call for yourself or for someone you care about. The calls are private.

What are the risk factors for suicide?

Risk is different with age, sex, or ethnic group. They may occur all together or change over time. Some key risk factors are:

- Depression and other mental disorders
- Substance-abuse disorder
- Prior suicide try
- Family suicide in the past
- Abuse
- Weapons in the home
- Jail time

Signs to look for

Here are some of the signs you might see in yourself or a friend that may be cause for concern.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself.
- Talking about feeling hopeless or having no reason to live.

- Talking about feeling trapped or in awful pain.
- Talking about being trouble for others.
- More use of alcohol or drugs.
- Acting worried or tense or acting recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling cut off.
- Showing rage or talking about getting revenge.
- Showing big mood swings.

What to do for yourself or someone else

If you are worried, quick action is very important. Suicide can be prevented. Most people who feel suicidal show warning signs.

Knowing some of these warning signs is the first step in helping yourself or someone you care about.

To get more information about Magellan Complete Care please call us toll-free at 800-327-8613 or 800-424-1694 (TTY only). Or you can call Florida Medicaid Choice Counselors at 877-711-3662 or 866-467-4970 (TTY only).

Source: Centers for Disease Control and Prevention