

Taking action to prevent suicide

Join Magellan in committing to zero suicides

New data from the Centers for Disease Control and Prevention shows that suicide rates have risen to over 30% in the US since 1999.¹ Since COVID-19 began, suicidal ideation in the US has more than doubled, with younger adults, racial/ethnic minorities, essential workers and unpaid adult caregivers experiencing disproportionately worse effects.² As suicide has reached crisis-level proportions in our nation, it's time to recognize suicide as a public health crisis and learn about the warning signs and the skills needed to save a life.

At Magellan, we believe that one suicide is too many. With our more than 50 years of behavioral healthcare experience, we empower the entire system—the individual and their loved ones, providers, and the entire community—with knowledge, education and tools to change attitudes and behaviors in an environment of uninterrupted and supportive care.

Our solution incorporates:

- » Awareness and stigma reduction
- » Network, staff and caregiver/family training
- » Population surveillance and early detection
- » Shift from crisis management to early prevention
- » Analytics and research
- » Tailored interventions and support by care managers
- » Digital tools for access to mental health support in real time
- » Peer support, recovery and resiliency programs

We believe that suicide should be a never event.

We advocate for the inclusion of depression and suicide screenings in every primary care visit. We're so committed to this that we developed a collaborative care product in conjunction with NeuroFlow to enable primary care providers to screen and treat low to moderate behavioral health conditions with the support of Magellan care managers and psychiatrists.

1. <https://www.nimh.nih.gov/health/statistics/suicide>

2. <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>

Next steps you can take to learn more and commit to the cause

1. Visit these websites:

- » **Magellan Healthcare suicide prevention resources**
MagellanHealthcare.com/Prevent-Suicide
Find comprehensive information and resources to help yourself or someone you know.
- » **National Suicide Prevention Lifeline**
SuicidePreventionLifeline.org
Access 24/7, free and confidential support via phone or chat for people in distress, resources for you or your loved ones and best practices for professionals.
- » **Veterans Crisis Line**
VeteransCrisisLine.net
Connect with caring, qualified responders by call, text or chat for free, confidential support, available every day, 24/7, for veterans, service members, National Guard and reserve, and their family members and friends.
- » **Crisis Text Line**
CrisisTextLine.org
When in crisis, text from anywhere in the USA with a trained Crisis Counselor for free, 24/7, confidential support.
- » **The Trevor Project**
TheTrevorProject.org
Learn about crisis intervention and suicide prevention services for LGBTQ young people under the age of 25.

2. Work to break the stigma around behavioral health disorders—and normalize the need for care.

Find videos, take a pledge to support those who have a mental illness or substance use disorder, and more at StampOutStigma.com.

3. Seek out suicide training if you have a family member or friend with a behavioral health condition.

Visit PsychHub.com to find the following training opportunities, and more:

- » **For providers**—Earn CE credit in cognitive behavioral therapy for reducing suicide risk and other behavioral health topics
- » **For organizations**—Receive Mental Health Ally certification, including suicidal behavior competency, for your workforce
- » **For individuals**—Learn more about mental health, including youth suicide prevention and suicide prevention treatment

Visit MentalHealthFirstAid.org to learn about a course you can take near you to identify, understand and respond to signs of mental illnesses and substance use disorders, and more.

4. Support efforts to build access to behavioral healthcare.

Improved access to care, for people of all economic status and backgrounds, will go a long way toward reducing the risk of suicide.

Engage with key stakeholders to support efforts to improve access and reduce stigma: providers, lawmakers, local National Association for Mental Illness chapters, school administrators and teachers, etc.

Baystate  Health

WorkLife and EAP Support
1-800-888-6332

If you'd like to speak with someone at Magellan about our suicide prevention efforts or more ways to get involved, please visit MagellanHealthcare.com and click on "Contact."