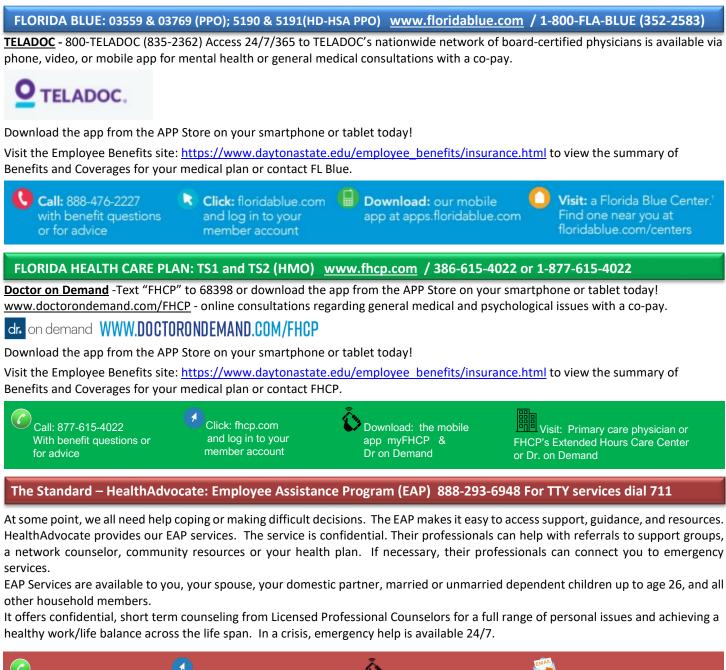
## Mental Health – Help is Around the Corner



EAP Services are available to you, your spouse, your domestic partner, married or unmarried dependent children up to age 26, and all

Call: 888-293-6948 24 hours a day, 7 days a Week.



www.HealthAdvocate.com/Standard3 To explore a wealth of information.

Download: the mobile App HealthAdvocate Member Login= The Standard-EAP 3 visits

Fmail:

Answers@HealthAdvocate.com

## National Suicide Prevention Lifeline 800-273-TALK (8255) or call 911 24 hours/7 days a week

If you or someone you know is experiencing warning signs, it's important to get help right away. The first step is to talk to a counselor. Contact HealthAdvocate for confidential support and resources. You can also contact the National Suicide Prevention Lifeline.

Warning Signs:

- Talking or writing about suicide Hints like "You'll be better off without me" •
- Withdrawal from friends or family saying or feeling like "They just don't understand me"
- Expressing hopelessness Ongoing sadness, rage, desire for revenge, or feeling trapped, worthless, or guilty
- Painful life events such as loss of relationship .
- Changes in behavior including disinterest in pleasurable activities, or giving away prized possessions .
- Taking action seeking access to a weapon, pills or other means to harm oneself •