

Tell them as much as you can. This will help you both make better choices about your treatment.

If you're ever unhappy with your treatment plan or you're not seeing results, call us. We can help find you a new provider to work with if needed.

## Suicide Education and Advocacy Resources

National Suicide Prevention Lifeline  
1-800-273-TALK (1-800-273-8255)

National Alliance for Mental Illness  
[www.nami.org](http://www.nami.org)  
1-800-950-6264

National Institute of Mental Illness  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

U.S. Department of Health and Human Services (DHHS), Substance Abuse and Mental Health Services Administration (SAMHSA)  
[www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)

## Contact us

We are available 24 hours a day, 7 days a week.

Please call us: 800-224-1991

[www.cenpatico.com](http://www.cenpatico.com)



*Suicide-Ohio-4/2011*

Buckeye  
Community Health Plan

 **Cenpatico**  
Improving Lives.

## Who does suicide affect?



### Who does suicide affect?

Suicide is a very real problem that affects many people. It affects all genders, races and ethnicities.

Between 30 and 70 percent of suicide victims suffer from depression or bipolar disorder.\*

ANY SUICIDE THREAT OR ATTEMPT  
SHOULD BE TAKEN VERY SERIOUSLY

### Signs of a possible problem:

- Verbal threats like "I won't be around much longer" or "You'd all be better off without me"
- Statements of hopelessness or helplessness
- A previous suicide attempt

- Very risky or scary behaviors
- A serious personality change
- Depression (sadness, lack of interest, trouble sleeping, trouble eating, etc...)
- Giving away prized possessions
- Lack of interest in making future plans

Eight out of ten suicidal people give some sign of their intentions. People who talk about suicide, threaten to commit suicide, or call suicide crisis centers are 30 times more likely than average to kill themselves.\*\*

## Getting help

See your doctor or call us. We can help you. If the situation is an emergency, call 911.

## Who is Cenpatico?

We manage behavioral health benefits for vulnerable populations. We help people get support for their behavioral health problems. This includes suicide. We can help you get what you need to make smart choices for your health and wellness.

Some ways we help:

- Find providers near you
- Make referrals
- Help you make appointments
- Help you find transportation

## Your first appointment: What to expect

Your provider will want to get to know you. They will want to know about the problems you want to work on. They may ask about your family history. They want to help you find strengths and skills.

Providers are bound by strict rules to keep your data private. What you tell your provider helps them create the right treatment plan.

## Your role in treatment

A treatment plan is made by you and your provider and may include:

- Medicine.
- Personal or family therapy.
- Support from friends, family, and peers.
- Talking with other providers.



## Ways you can help:

If you feel a loved one is suicidal, here are things you can do.

- Trust your instincts that a person might be in trouble.
- Talk with the person about your concerns. Listen!
- Ask direct questions. Do not judge. Find out if the person has a plan. Remember, the more detailed the plan, the greater the risk.
- Get professional help, even if the person resists.
- Do not leave the person alone.
- Do not swear to keep it a secret.
- Do not act shocked or judgmental.
- Do not counsel the person yourself.

## Feeling better

The key person in recovery is YOU. You and your provider should make a treatment plan based on your goals for your health. Help your provider by talking about your feelings and progress.