Treat suicide like a public health crisis

A message from Jim Leonard, CEO, Magellan Behavioral Health of Pennsylvania, Inc.

As suicide reaches 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. We empower the entire system—the individual, their network of family and friends, and the community—with knowledge, education and tools to change attitudes and behaviors in an environment of uninterrupted and supportive care.

September is National Suicide Prevention Month, and each year it is important to advocate for suicide prevention awareness. However, during these unsettling times with seemingly unending new stresses being confronted daily, it is vitally important that each one of us realize the positive impact we can have when we connect with a colleague, friend and family member with genuine eye contact and concern for their well-being. This can be a simple 'hello' to a stranger on the street, or sharing eye contact as you hold the door for the next person while entering a restaurant, or taking the time to ask a friend or colleague how their day is going. Be prepared to listen and also to smile, and you never know how much this can help a person in a moment of stress or difficulty.

Magellan's suicide prevention solution includes
- Awareness and stigma reduction
- Population surveillance and early detection
- Network/caregiver/family training
- Analytics and research
- Moving from crisis management to early prevention
- Advocacy for inclusion of depression screenings in each PCP visit
- Implementation of digital solutions

Additional resources
- **National Suicide Prevention Lifeline,** www.SuicidePreventionLifeline.org
- **Veterans Crisis Line,** www.VeteransCrisisLine.net
- **Crisis Text Line,** www.CrisisTextLine.org
- **The Trevor Project,** www.TheTrevorProject.org
- **Suicide Trainings,** www.LivingWorks.net
- **Healthwise,** www.healthwise.net/MagellanHealth and search 'Suicide Prevention'