

# Suicide Prevention

LifeWorks can provide help if you or someone you know is having suicidal thoughts



Suicide—No one wants to talk about it. While many find the topic uncomfortable to talk about, the reality is that suicide can affect anyone. At one time or another, every person finds life overwhelming. Some can't cope or can't find a solution to their emotions or troubles and fall into despair and see suicide as the only way out.

**If you believe that you or someone you know is in immediate danger, call 911 or bring them in to your local emergency room. You can also call the National Suicide Prevention Lifeline at 1-800-273-8255.**

If you are having suicidal thoughts, you may feel no one can help. But the best thing you can do is speak to someone. It's less of a risk to open up than it is to take your life.

If someone you know is having suicidal thoughts, you may want to offer help but don't know where to start.

You can always contact LifeWorks, 24/7, to speak confidentially with a caring, professional consultant for support, information, and referrals.

LifeWorks can help you understand why people commit or attempt to commit suicide, warning signs, how to help, getting support for your self and looking to the future.

**Log in to the LifeWorks platform any time to access helpful articles and resources such as:**

- [Suicide Prevention Toolkit](#)
- [Depression Toolkit](#)
- [Mental Health Toolkit](#)
- [Getting Help for Depression Podcast](#)
- [When Someone You Love is Depressed](#)

**Contact LifeWorks anytime 24/7 for confidential, caring support.**

**Phone number:** 1-888-319-7819

**LifeWorks Platform:** [metlifeeap.lifeworks.com](https://metlifeeap.lifeworks.com) (Username: metlifeeap Password: eap)