

The Humana logo, featuring the word "Humana" in a green, sans-serif font.The CareSource logo, featuring a small purple heart icon above the word "CareSource" in a blue, sans-serif font.A stylized illustration of a yellow house with a dark grey roof. The house has a semi-circular window on the left and a circular vent on the right. A large, blue, diagonal watermark reading "SAMPLE" is overlaid across the center of the house.

KEEPING YOU & YOUR  
FAMILY SAFE

National Suicide Prevention Lifeline 1-800-273-TALK (8255)  
Free and confidential 24/7 | In case of emergency, call 911



# Safety Check List



## CLEAN HOUSE

**Fact: Removing sources of potential danger reduces suicide.**

- ☐ Is each room in your house free of items that could harm?
- ☐ Have you disposed of all unnecessary medications?



## CIRCLE OF SUPPORT

**Fact: Connecting with those you love decreases the risk of suicide.**

- ☐ Have you listened to a friend or asked for help if needed?



## HELP AVAILABLE

**Fact: Help for you or a loved one is only a call, text or click away.**

- ☐ Did you know depression is the number one risk for suicide?

In case of emergency, call 911

Humana – CareSource complies with applicable state and federal civil rights laws and does not discriminate on the basis of age, gender, gender identity, color, race, disability, national origin, marital status, sexual preference, religious affiliation, health status, or public assistance status.

Si usted o alguien a quien ayuda tienen preguntas sobre Humana – CareSource, tiene derecho a recibir esta información y ayuda en su propio idioma sin costo. Para hablar con un intérprete, Por favor, llame al número de Servicios para Afiliados que figura en su tarjeta de identificación.

如果您或者您在帮助的人对 Humana – CareSource 存有疑问，您有权 免费获得以您的语言提供的帮助和信息。如果您需要与一位翻译交谈，请拨打您的会员 ID 卡上的会员服务电话号码。

# Did You Know?

Approximately 800,000 die from suicide each year.

The number is much higher when you count attempted suicides and the lives affected by suicide.

## WHERE YOU CAN FIND HELP:

### Suicide Prevention:

- [suicidepreventionlifeline.org/how-we-can-all-prevent-suicide](https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide)
- [sprc.org/effective-suicide-prevention](https://sprc.org/effective-suicide-prevention)
- [deadiversion.usdoj.gov/pubdispsearch/](https://deadiversion.usdoj.gov/pubdispsearch/)
- [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
- [samhsa.gov/find-help](https://samhsa.gov/find-help)

### Mobile Applications:

- [my3app.org](https://my3app.org)
- [jasonfoundation.com/get-involved/student/a-friend-asks-app/](https://jasonfoundation.com/get-involved/student/a-friend-asks-app/)