



Life-saver

Have a talk. Save a life. Aetna Resources For LivingSM

Did you know that a conversation could save a life? It may be awkward, but it's totally worth it. And it can start with a simple, "Are you okay?"

Many of us have been touched by suicide in some way, shape or form. In fact, suicide is a leading cause of death.¹ Our Talk Saves LivesSM online training is designed to help.

It starts with understanding suicide and knowing the warning signs. Then you can start the conversation. By asking, "Are you okay?" and harder questions, like "Are you thinking about killing yourself?" you can sometimes prevent a suicide.

Developed by the American Foundation for Suicide Prevention, Talk Saves Lives is a simple training to use. You can go to the member website and click on the Talk Saves Lives link under Tools > Helpful links.

¹[Suicide statistics](#). American Foundation for Suicide Prevention. Accessed June 2020.

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All EAP calls are confidential, except as required by law. Talk Saves Lives online training is provided and managed by the American Foundation for Suicide Prevention, an independent third party. Aetna does not oversee or control the services provided by or recommended by the American Foundation for Suicide Prevention and does not assume any liability for their services.

The Talk Saves Lives training covers:

- The facts about suicide
- Why people take their own lives
- Suicide risk factors and protective factors
- Suicide prevention information
- How you can recognize and respond to suicide concerns

Suicide may feel scary and overwhelming. If you take time to learn about it, care and reach out, you might just save a life.

Awkward conversations never
sounded so good. Call us any time.