



# Life-saver

## Have a talk. Save a life. Aetna Resources For Living<sup>SM</sup>

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.<sup>1</sup> Our Talk Saves Lives<sup>TM</sup> 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.

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.**

<sup>1</sup>Suicide statistics. American Foundation for Suicide Prevention. Accessed June 2020.

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