

Suicide remains a highly stigmatized topic that many of us feel uncomfortable discussing, even with friends and loved ones. Educating ourselves and others, and talking openly about our experiences, is a crucial step in suicide prevention. We invite you to read and share the information below. And for additional resources, please visit the Achieve Solutions website.



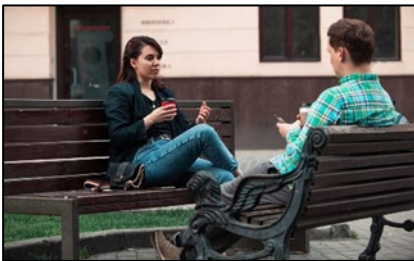
**Myths and facts about suicide:** Knowing the facts – and dispelling the myths – about suicide makes you better prepared to prevent it.

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**The warning signs for suicide:** Every year in the U.S., there are substantially more suicide attempts than completed suicides. Friends, co-workers, and loved ones are often left shocked and guilt-ridden for not noticing the danger signs for suicide.

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**It's okay to ask for help:** What does it take to get you to the doctor for a physical health issue? A bad cough and fever might be enough. But what if you've noticed a troubling change in your mood, sleep patterns, work habits, or relationships? These are times when you should ask for help.

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**If a loved one talks of suicide:** You may have a friend or loved one who reaches a low point in life and wants to die by suicide. Is there anything you can do to help? While it's not an easy path to follow, psychologists say intervention by family and friends can help a person get the assistance they need.

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