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## PRESS NOTE

### **MMM gives orientations about suicide prevention**

Suicide is the third cause of violent death in Puerto Rico. That's why the MMM Multi Health (MMM) Integrated Mental Health division developed a series of efforts as part of the Suicide Awareness World Day that is celebrated in September 10. As part of this day's initiatives, health plan's personnel gives orientations about the signs so everybody, with or without clinical experience, can help people that have signs of suicide attempt.

During 2018, 80 people have taken their lives in Puerto Rico. However, according to mental health professionals, unlike other violent deaths, suicide can be prevented. Some warning signs could be: negatives thoughts and of hopelessness, verbal warnings, give away meaningful personal items with no apparent reason, reckless and dangerous behavior, looking up information about suicide methods, social isolation and sudden improvement, among others.

On the other hand, some risks factors to consider are: losses, loneliness, health complications, traumatic event, previous suicide attempt, suicide family history and poor mental health, among others. According to doctor Fernando Calderón, VP of Clinical Mental Health at MMM, some recommendations when being with a person that shows suicidal signs are: don't leave the person alone, ask directly if he/she wants to harm himself/herself, have a security plan, explore the situation and risk level, and refer the person to receive help immediately.

"Above all it is very important not to underestimate the ability of a person with negative thoughts" added Calderón. For orientation, MMM beneficiaries can call Haciendo Contacto at 1-844-337-3332, available 24 hours a day. People in the community in general, can call the ASSMCA Pas line at 1-800-981-0023.

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