Suicide Prevention

Arkansas BlueCross BlueShield
An Independent Licensee of the Blue Cross and Blue Shield Association

Providing hope for our most vulnerable members

Arkansas Blue Cross and Blue Shield provides mental and behavioral health benefits to reduce suicide within the state of Arkansas. Our team connects with members to assist with recovery support, clinical interventions and improve awareness and education of mental and behavioral health conditions related to suicide risks.

By the Numbers

Suicide is the **12th leading cause of death** in the **United States** (2021).

Suicide is the **3rd leading cause of death for children in Arkansas.**

5th leading cause of death for adults over age 65 in Arkansas.

For every person who dies by suicide, there are 316 more people who have considered it and nearly 60 people who have survived a suicide attempt.

There is Hope

While the statistics can be overwhelming, there's an opportunity to help. Our goal is to reduce the number of suicides for our members with a comprehensive approach to suicide prevention that focuses on:

1. **Awareness and Education**
   Arkansas Blue Cross is increasing awareness about suicide and promoting help-seeking behavior for those in crisis or prior to being in crisis.
2. **Identify At-Risk Members**
   We will focus on early intervention, helping connect members to the resources they need.
3. **Case Management**
   Our Behavioral Health care team coordinates and improves care transitions for at-risk members through safety screenings, suicide risk screenings and a Caring Contacts program.
4. **Community Partnerships**
   Arkansas Blue Cross has a strong history of supporting local suicide prevention programs. As a continuation of that work, we will promote activities that are protective factors against suicide. Such partnerships include programs like Mental Health First Aid training across the state of Arkansas and training for our employees.

For more information about suicide prevention, visit 988lifeline.org. To learn more about Arkansas Blue Cross Behavioral Health benefits and resources, visit arkansasbluecross.com/bh.

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