



# Blue Cross Virtual Well-Being<sup>SM</sup>

## Eric Hipple Discusses Suicide Prevention 1 hour special



*The information in this session is for educational purposes and not meant to replace the advice of your physician or provide diagnosis or treatment. Consult with your doctor if you have questions or concerns.*

# The webinar will begin at noon

More than 700,000 people die by suicide every year. Furthermore, for each suicide, there are more than 20 suicide attempts. – *World Health Organization*

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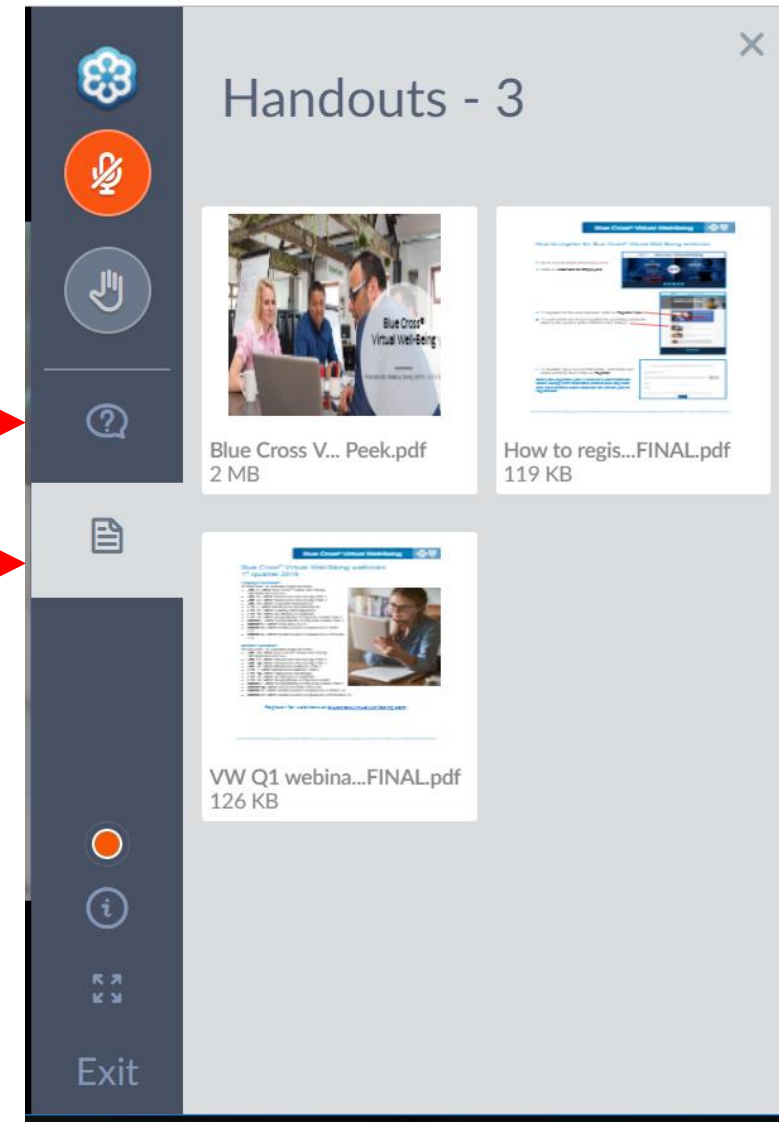


**Suicide hotline: 800-273-TALK (8255) or text "HOME" to 741741**

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Submit a question or comment using the **Question** feature.

Download slides or handouts using the **Handout** feature.



Handouts - 3

Blue Cross V... Peek.pdf  
2 MB

How to regis...FINAL.pdf  
119 KB

VW Q1 webina...FINAL.pdf  
126 KB

Exit

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Suicide and suicide attempts have a ripple effect that impacts on families, friends, colleagues, communities and societies. – *World Health Organization*



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77% of global suicides occur in low-and middle-income countries.  
– *World Health Organization*



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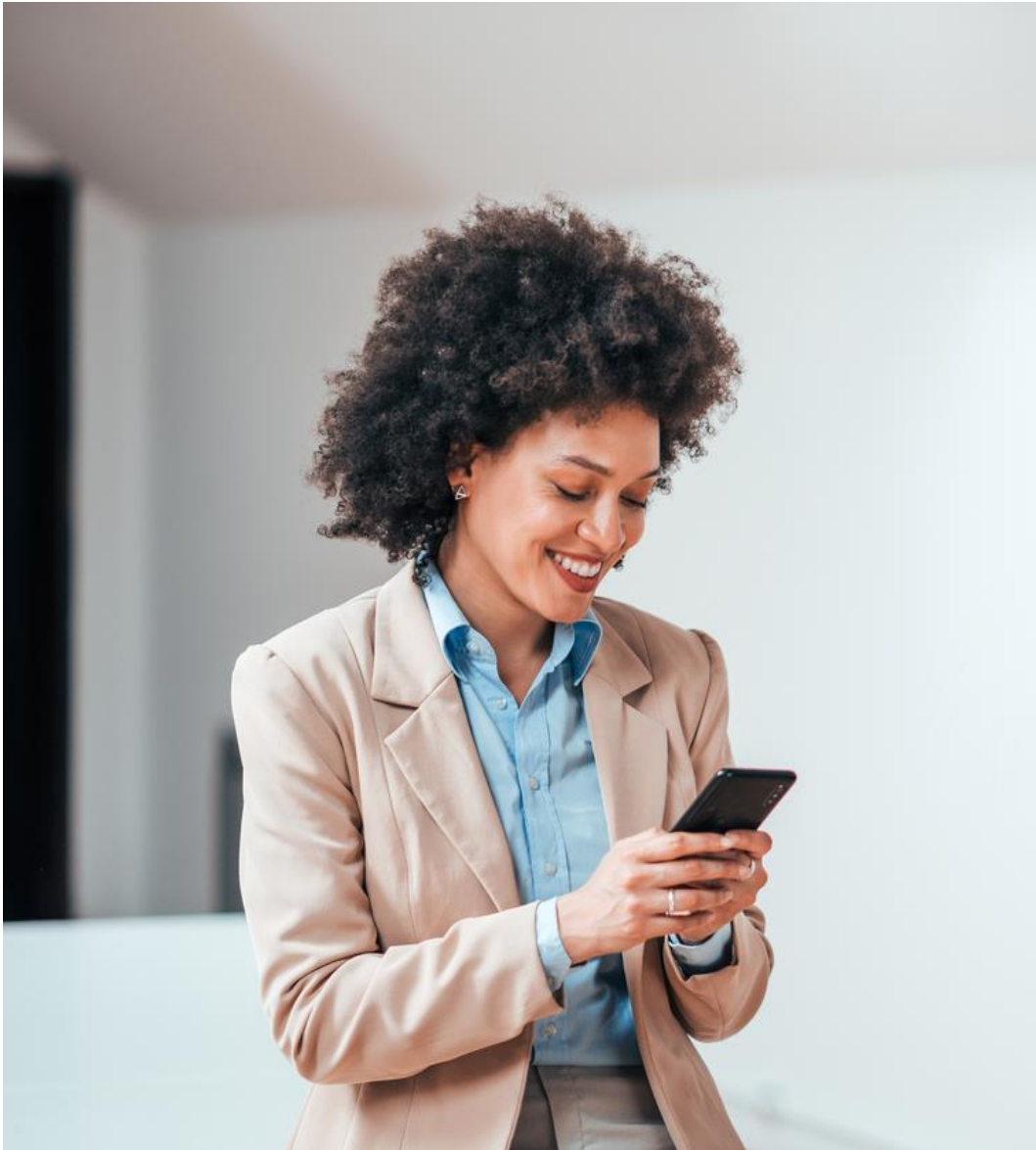
## **Seven-Minute Pierce Stocking Scenic Drive Meditation**

Wednesday, September 15, 2021  
12 p.m. Eastern time



**Kevin Fisher: Everybody vs. Stigma**  
Thursday, September 16, 2021  
12 to 12:30 p.m. Eastern

# Receive weekly registration reminders



Text **MOTIVATE** to **222764**.

Message and data rates may apply. Visit [bcbsm.com](https://bcbsm.com) for our *Terms and Conditions of Use* and *Privacy Practices*.





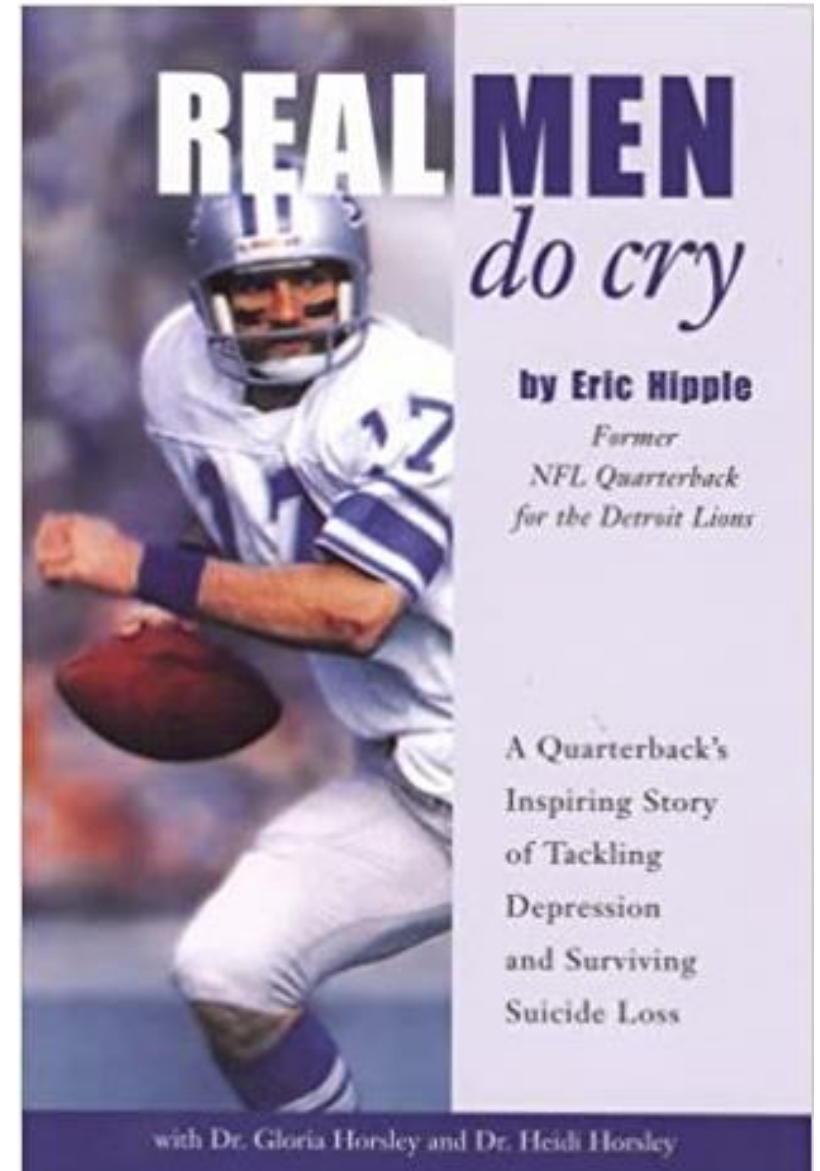
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## Eric Hipple Discusses Suicide Prevention 1 hour special

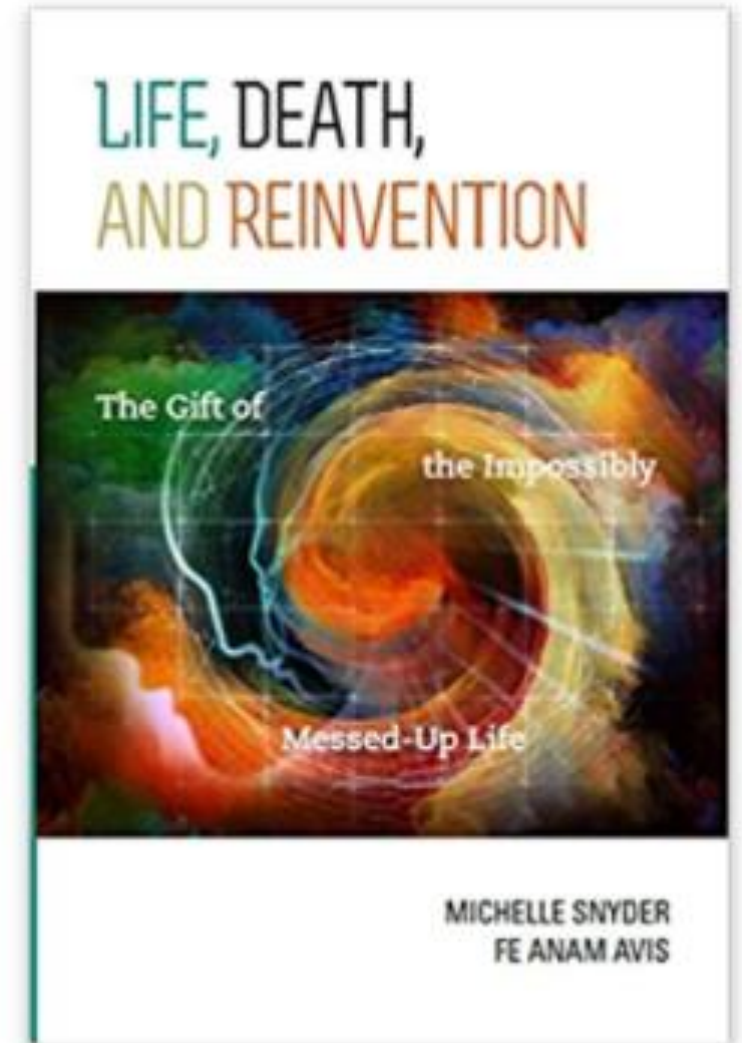


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- Authored the book **Real Men *do cry***
- Former Detroit Lions Quarterback
- Received an **Honorary Doctorate** for his **work in Mental Health**
- University of Michigan 2015 **Nuebacher award** for his work with **stigma associated with disabilities**
- Detroit Lions presented him the **2010 Courage House award**
- Won the prestigious 2008 **Life Saver Achievement award** given by the American Foundation for Suicide Prevention.



- Contradiction
  - Life isn't working for you
- Collapse
  - Burden and isolation
  - Suicide becomes an option
- Intervention
- Restoration if restorable
- Reinvention



## Symptoms

- Sleep problems
- Loss of pleasure
- Appetite (too much or too little)
- Loss of concentration
- Irritability and anger
- Anxiety or pain
- Sadness
- Hopelessness

## Behaviors

- Alcohol or substance use
- Risky behaviors
- Acting out
- Suicidal thoughts and actions

It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her community.

# Resources

- American Foundation for Suicide Prevention – [afsp.org](https://afsp.org)\*
- University of Michigan Depression Center – [Depressioncenter.org/toolkit](https://depressioncenter.org/toolkit)\*
- National Suicide Prevention Lifeline **1-800-273-TALK (8255)** or text **HOME** to **741741**.
- [bcbsm.com/mentalhealth](https://bcbsm.com/mentalhealth)
- Employee Assistance Program



\* Blue Cross and BCN don't own or control these websites.

# For more information

- Virtual Well-Being site:  
**bluecrossvirtualwellbeing.com**
- Virtual Well-Being email:  
**BlueCrossVirtualWell-Being@bcbsm.com**

