



Working together to prevent suicide through support, awareness and hope

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For this National Suicide Prevention Awareness Month, the Employee Benefits Security Administration (EBSA) wants you to know that help is available.

First, if you or someone you know is in crisis, call 9-8-8. This free and confidential suicide and mental crisis lifeline is available 24 hours a day, 7 days a week.

Suicide deaths are on the rise in the Hispanic and Latino community, increasing by 39 percent between 2011 and 2021. Yet only 40 percent of Hispanic people who reported having a mental illness received treatment. And that leads to the question of why — is it an access issue? A cultural issue about whether to talk about mental health? Difficulties in finding providers

that you feel really understand you?

It's so critical to talk about suicide and mental health, to be aware of the warning signs and available support and treatments, to look out for our loved ones, and to be mindful of our own feelings.

At EBSA, we make sure America's workers and families know how to take advantage of their job-based mental health and substance use disorder benefits. We want to reduce the stigma, which can lead to discrimination and make it hard to seek help.

Follow these steps to take full advantage of your mental health benefits:

- 1. Learn about your mental health benefits.** Ask your health plan administrator or human resources for a copy of your health plan's Summary Plan Description or Summary of Benefits and Coverage to understand what benefits you are entitled to.
- 2. Use your benefits.** When seeking treatment for mental health issues, you shouldn't face extra barriers or restrictions that don't exist for medical and surgical benefits. To learn more, visit dol.gov/ebsa and read our publication "[Understanding Your Mental Health and Substance Use Disorder Benefits](#)."
- 3. Reach out to EBSA for help.** Contact our benefits advisors for free and confidential assistance in your language. Visit askebsa.dol.gov or call 1-866-444-3272.

You are not alone. It's OK to ask for help. EBSA is working toward a healthier future for everyone. We can make it there together.

Lisa M. Gomez is the assistant secretary for the Department of Labor's Employee Benefits Security Administration.

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