

Suicide Prevention



World Suicide Prevention Day

10th September

September is National Suicide Prevention Month

If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

Look for signs of immediate risk for Suicide

There are some behaviors that may mean a person is at immediate risk for suicide. These should prompt you to take action right away:

- Talking about wanting to die or to kill oneself
- Searching online for ways to kill oneself or obtaining a gun
- Talking about feeling hopeless or having no reason to live

Other behaviors may also indicate a serious risk, especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change:

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs

- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

How to Respond to People Who May be at Risk for Suicide

Be prepared by knowing who to contact in your workplace if an employee is in distress or suicidal.

Take the following steps right away:

If the danger for self-harm seems imminent, call 911. It is important to notify the 911 operator that it is a psychiatric emergency and ask for an officer trained in crisis prevention or trained to assist people experiencing a psychiatric emergency

Stay with the person (or make sure the person is in a private, secure place with another caring person) until you can get further help. Contact your company Employee Assistance Program (**EAP**) at **1-800-386-7055** (available 24/7) or HR Department and they will help you decide what to do. Provide any background information that may be helpful.

You can also contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

Maintain contact with the employee and the EAP or HR Department to provide appropriate support and follow-up.

KEY STEPS TO REDUCE OR PREVENT SUICIDE RISK

It can be frightening and intimidating when someone reveals or shows signs of suicidal thoughts. However, not taking thoughts of suicide seriously can have a devastating outcome. If you think someone has the potential to hurt themselves or someone else, call 911 immediately. There are a few ways to approach and/or prevent this situation:

- Contribute to a work environment that fosters communication, a sense of belonging and connectedness, and respect.
- Ask what you can do to help. Help connect with ongoing support. Stay connected - follow up to see how they are doing.
- Watch for changes in employee behavior such as avoiding co-workers, becoming abrupt with customers or colleagues, looking sad or in emotional distress all the time, or coming to work disheveled as if having been through a night of heavy drinking.
- Be gentle and sympathetic, reassuring the employee that you are concerned about his/her wellbeing.

If you need help for yourself or someone else, contact the Suicide Prevention Lifeline call 1-800-273-8255 or chat online at www.suicide-preventionlifeline.org.

Disclaimer: This poster is for education purposes, not for use in the treatment of medical conditions. It is based on skilled medical opinion as of the date of publication.