

## 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](http://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.