

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). They have trained counselors available 24/7 to speak with either you or your loved one.



NATIONAL
SUICIDE
PREVENTION
LIFELINE

1-800-273-TALK
(8255)

The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. For a Lifeline wallet-sized card listing the warning signs of suicide and the toll-free number, go to <http://www.suicidepreventionlifeline.org/getinvolved/materials.aspx>

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.
- 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) or HR Department and they will help you decide what to do. Provide any background information that may be helpful.
- If you do not have an EAP or HR Department, 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.

References:

National Alliance on Mental Illness. <https://www.nami.org/Learn-more/Mental-health-conditions/Related-Conditions/Risk-of-Suicide>
National Suicide Prevention Lifeline. <https://suicidepreventionlifeline.org/>