

SEPTEMBER 2022

How You Can Play a Part in Suicide Prevention

PHYSICAL

DEVELOPMENTAL

SOCIAL

ENVIRONMENTAL

FINANCIAL

EMOTIONAL

Know the Signs

Stay alert for situations that increase suicide risk. Common risk factors include:

- Prior suicide attempt(s)
- Alcohol and drug abuse
- Mood and/or anxiety disorders, such as depression, post-traumatic stress disorder (PTSD)

The risk of suicide typically increases for individuals who display more than one risk factor. “Triggering” events – like a breakup, a problem at work, financial hardship or declining health – may make at-risk individuals more likely to attempt suicide. Most people with risk factors will not attempt suicide, but a professional should evaluate them.

Find the Words

If you’re concerned about a family member, friend or coworker who’s showing signs of suicide risk, start the conversation:

- Ask about their intent and how they’re doing
- Listen without judgment and express honest concern and reassurance

Take Action

- Help your family member, friend or coworker get connected to an available employee assistance program (EAP), human resources team or a mental health professional.
- You can also contact the National Suicide Prevention Lifeline at 1 (800) 273-TALK (8255) for guidance and referrals to mental health professionals. The hotline is open 24 hours and is toll-free.



Some Behaviors Indicate an Immediate Risk for Suicide

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live
- Exhibiting reckless behavior
- Sleeping too little or too much
- Showing signs of social withdrawal or isolation
- Giving away possessions

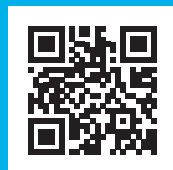


Take Swift Action if You Encounter Someone Who Is at Immediate Risk

- If danger from self-harm seems imminent, call 911
- Stay with them (or make sure they're in a private, safe location with another caring person) until you can get further assistance
- Reach out to the National Suicide Prevention Lifeline and follow their instructions



988lifeline.org
24/7 support at 988



(Adapted from Rodgers, 2011 and SPRC, 2008)

Check out this year's Way to Wellness topics and download our 2022 companion calendar
with more great tips and challenges to track for each month. Stay tuned for upcoming topics!