

SUICIDE AWARENESS & PREVENTION

Know *What* to Do

Offer Hope

Let the person know their life matters and that help is available. Reassure them that there is hope and a way forward, even when things feel overwhelming.

Take Action

Listen actively and give the person your full attention without judgment. Have an open and honest conversation about ways to stay safe. Encourage them to share their feelings, but don't promise to keep suicidal thoughts a secret — safety comes first. If possible and safe, help limit access to means of harm, such as firearms, medications, or sharp objects. Follow up regularly to show ongoing support and concern.

Get Help

Encourage the person to connect with mental health professionals for counseling or treatment. Involve trusted individuals such as family members, friends, neighbors, coaches, or religious leaders who can offer additional support. Recognize when the situation is beyond what you can manage and make sure to involve qualified crisis or healthcare professionals immediately. Remember, you don't have to handle this alone.

Access Resources

The EAP is available 24/7 to support you and your coworkers. Reach out anytime for help and guidance. You can also call or text the **988 Suicide & Crisis Lifeline**, a free, confidential resource available 24/7, to connect with trained counselors who provide support, guidance, and resources.