

SUICIDE AWARENESS & PREVENTION

Prevention *Through* Connection

Staying connected can save lives.

Research shows that many risk and protective factors for suicide are tied to a person's sense of connectedness—the degree to which individuals feel close to and supported by others. This connection can exist within families, friendships, workplaces, schools, neighborhoods, cultural groups, and the broader society.

How to Foster Connection

Connect with family: Take time to reconnect with loved ones. Whether it's a shared meal, game night, or a quick check-in call, regular connection strengthens relationships and supports emotional well-being.

Connect with friends: The National Alliance on Mental Illness (NAMI) emphasizes the importance of maintaining social ties. Strong social networks can help reduce stress and provide comfort in difficult times.

Connect with co-workers: A supportive and connected workplace can make a big difference. Positive relationships with colleagues contribute to a more enjoyable and productive environment. They also help ensure that coworkers who may be struggling aren't facing challenges alone.

Connect with your community: Feeling part of something larger can be powerful. Community involvement is especially important for individuals experiencing loneliness or isolation. Whether through volunteering, clubs, or neighborhood events, engaging with others can offer a vital sense of belonging.

Meaningful connections help reduce feelings of isolation, increase emotional support, and strengthen resilience. Strong, positive relationships can act as a protective factor against suicidal thoughts and behaviors.

You're never alone. Reach out. Stay connected. Support each other.

If you or someone you know is struggling, you're not alone. The Employee Assistance Program (EAP) is a free and private resource available to all USPS employees and their families. Whether you need someone to talk to, help navigating a difficult time, or support connecting to additional services, the EAP is here for you. Call 800-327-4968 or visit [EAP4YOU.com](https://www.eap4you.com) to learn more or schedule a consultation.