

SUICIDE AWARENESS & PREVENTION

Suicide *Prevention* and

Support through the EAP

The Employee Assistance Program (EAP) is a private, voluntary, and free resource available to all USPS employees and their families. It offers 24/7 access to licensed professionals who can help with personal, emotional, or work-related challenges—including crisis situations and suicide prevention.

Suicide Prevention: What You Need to Know

Suicide can be prevented. Early intervention and connection can save lives. You are not alone—and you don't have to handle things on your own. If you or someone you know is experiencing signs, it's time to reach out.

Common Warning Signs:

- Talking about feeling hopeless or like a burden
- Withdrawing from friends or activities
- Expressing severe emotional pain
- Feeling trapped
- Changes in mood, behavior, or sleep patterns
- Increased substance use

We Are All In This Together

Even a small act of care can make a big difference. If you notice someone struggling:

- Talk to them.
- Let them know you care.
- Encourage them to use the EAP.
- Notify a supervisor if safety is a concern.

How the EAP Can Help

The EAP is a powerful tool for promoting mental wellness and preventing crises—including suicide. Whether you're feeling overwhelmed, concerned about a coworker, or simply need someone to talk to, the EAP is here.

- **Immediate crisis support—anytime, day or night.** Trained counselors are available around the clock.
- **Short-term counseling for emotional and mental health concerns.** Free counseling sessions are available.
- **Referral to Long-Term or Specialized Care.** We work with you to ensure you find the right kind of care.
- **Guidance for managers and coworkers.** The EAP can help anyone concerned about a colleague.
- **Wellness tools and resources for ongoing support.** EAP4YOU.com website and mobile app offer self-assessments, articles, toolkits, and videos on suicide prevention, coping skills, and stress management.

Help is always available. Reach out—for yourself or someone you care about.