

## SUICIDE AWARENESS & PREVENTION

# You Can *Make* A Difference

A person who is feeling suicidal may not always ask for help—but that doesn't mean they don't want it. Your support can be life-saving. If you're concerned that a family member, friend, or coworker may be considering self-harm, here are important steps you can take:

**Reach out.** If you see someone struggling, ask them how they're doing and let them know you're there to help.

**Speak up.** Ask directly and calmly: "Are you thinking about suicide?" This question may feel uncomfortable, but asking shows you care—and can open the door to support.

**Be genuine.** Let your concern show in your tone, words, and actions. Just being present can make a difference.

**Trust your instincts.** If something feels off, don't ignore it. You may be seeing warning signs others have missed.

**Be courageous.** Even if the conversation feels difficult, having it is far better than regretting not having it later.

**Listen with compassion.** Allow them to speak without interruption. Avoid judgment and focus on listening.

**Offer understanding.** Stay calm, patient, and empathetic. Your attitude can help them feel safe and supported.

**Provide reassurance.** Remind them they're not alone. Offer support and encourage them to connect with others.

**Promote safety.** If there's an immediate risk, remove access to potential means of self-harm.

**Have a plan.** Contact the USPS EAP, reach out to trusted family members, or call a crisis line.

**Encourage additional support.** Involve others who can help—friends, neighbors, coworkers, or mentors.

**You are not alone.** Help is always available through the Employee Assistance Program (EAP). Reach out for guidance and support if you or someone you know is struggling. Visit [EAP4YOU.com](https://www.eap4you.com) to learn more about the resources available 24/7 to all USPS employees and their families.