

EMPLOYEE ASSISTANCE PROGRAM

SPEAK

We can all prevent suicide.

Suicide is not inevitable for anyone and understanding the issues surrounding suicide and mental health is an important way to participate in suicide prevention, help others in crisis, and change the conversation about suicide.

Know the warning signs

Suicide warnings should be taken very seriously. Some are obvious and others are more subtle and can easily be overlooked. Early detection can save a life.

These warning signs can help you determine whether you or someone you know is at risk of suicide.

- Talking about the desire to die, feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain or being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Extreme mood swings or prolonged sadness.
- Experiencing a major life crisis such as a death, end of a relationship or diagnosis of illness.
- Becoming emotionally distant and detached from other people and typical activities.

Suicide is a growing problem and cause of death in the U.S. Unfortunately, some signs of suicidal behaviors are subtle and difficult to detect until it's too late. Pay attention to all warning signs and especially take note if someone you care about seems to be off or different, or if you feel you are struggling to cope.



Help is available. Contact EAP at 866-327-4762 or go online to eap.calhr.ca.gov for helpful resources.

Source: <https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>