

## EMPLOYEE ASSISTANCE PROGRAM

# SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

### Creating hope through action

Suicide can affect every one of us.

- One in every 100 deaths worldwide is the result of suicide.
- The global suicide rate is over twice as high among men than women.
- Over half of all deaths by suicide occur before the age of 50 years old.

Suicide Prevention Awareness Month is an opportunity to raise awareness of suicide, reduce the stigma surrounding mental illness and promote action through proven means that will reduce the number of suicides and suicide attempts.

#### Know the signs

- Warning signs of suicide include:
- Hopelessness
- A negative view of self
- Aggressiveness and irritability
- Making suicide threats
- Increased alcohol or drug use
- Withdrawing from friends, family and society
- Anxiety and agitation
- Inability to sleep or sleeping all the time
- Drastic changes in mood or behavior
- Feeling like a burden to others and giving things away

#### Take time to reach out

You can help give someone hope by showing that you care. Take time to notice what is going on with people in your life – a family member, friend, colleague or even a stranger. By stepping closer and reaching out you can become aware of those around you who may need help. You do not need to tell them what to do or have solutions. Simply making the time and space to listen to someone talk about their experiences of distress or suicidal thoughts can help. Small talk can create a sense of connection and hope in somebody who may be struggling.

Source: [IASP.info/wspd2021](https://www.iasp.info/wspd2021)

#### Don't be afraid to ask someone if they are suicidal

You may not think it is your place to intervene, you may be afraid of not knowing what to say and/or you may be worried about making the situation worse. Evidence suggests that the offer of support and a listening ear are more likely to reduce distress, not worsen it. There is no specific formula for helping someone. When someone is upset, they are often not looking for specific advice. The best thing you can do is have empathy and compassion, be able to listen without judgment, and know about resources to get help like the 988 Suicide and Crisis Lifeline (call, text or chat).

There is an alternative to suicide and our actions, no matter how big or small, provide hope to those who are struggling. Be the one to save a life.

**Help is available. Contact EAP at 866-327-4762 or go online to [eap.calhr.ca.gov](https://eap.calhr.ca.gov) for helpful resources.**

