

EMPLOYEE ASSISTANCE PROGRAM

SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

Creating hope through action

If you suspect someone is thinking about suicide, be the one to reach out, take action and have an honest conversation.

1. Talk to them in a private, safe place.
2. Listen to their story and let them know you care.
3. Ask directly, calmly and without judgment if they are thinking about suicide.
4. Encourage them to seek treatment or contact their doctor or a mental health professional.
5. Avoid debating the value of life, minimizing their problems or giving advice.
6. Take the person seriously. If they are considering suicide call or text 988 or chat 988Lifeline.org - the Suicide and Crisis Lifeline, remove lethal means and stay with them

Let them know their life matters to you. Be the one to save a life.

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



Source: AFSP.org