

EMPLOYEE ASSISTANCE PROGRAM

September is Suicide Prevention Awareness Month

CREATING HOPE THROUGH ACTION



HOW TO HELP SOMEONE IN EMOTIONAL PAIN

- **ASK**
"Are you thinking about suicide?"
- **KEEP THEM SAFE**
Reduce access to lethal items or places
- **BE THERE**
Listen carefully and acknowledge their feelings
- **HELP THEM CONNECT**
Call or text 988 or chat 988Lifeline.org to connect with the Suicide and Crisis Lifeline
- **STAY CONNECTED**
Follow and stay in touch after a crisis

Source: [nimh.nih.gov/suicideprevention](https://www.nimh.nih.gov/suicideprevention)