## 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

CALZHR

CALIFORNIA DEPARTMENT OF HUMAN RESOURCES

1-866-EAP-4SOC (1-866-327-4762)
TTY USERS SHOULD CALL: 1-800-424-6117

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Source: nimh.nih.gov/suicideprevention