

LET'S TALK

SUICIDE PREVENTION



Recognize the Warning Signs

If you believe a coworker is in immediate danger or has already harmed themselves, you need to call emergency services at 911.



I had a student who was recently laid off, his family life was stressful, and he had only one more chance of passing a competency test before he was kicked out of the program. He called me one day very upset and repeatedly told me he was “just done.” Picking up on several warning signs, I was worried about his safety. Keeping him calm, I talked to the student until I knew he was in a safe place with a family member and created a plan with the student to get help. We were able to help him get through the apprentice program and refer him to additional resources. -Apprentice Instructor

It is not always obvious when a friend or coworker is struggling, but they often show signs of suicidal thoughts in subtle ways.

While these comments or threats may sound like “just talk,” they can indicate a more serious problem.

It is important to step in or speak up if you see these warning signs...

If you see any of these warning signs:

- Bring it to the attention of your foreman or supervisor
- Start a conversation with your coworker about your concerns and help them contact the National Suicide Prevention Lifeline or the Crisis Text Line

SUICIDE WARNING SIGNS



HEALTHIER WORKFORCE
CENTER of the MIDWEST



Call 800-273-8255
Text HELLO to 741741

24/7 Free & Confidential

DATE:

SIGN IN

1. _____	16. _____
2. _____	17. _____
3. _____	18. _____
4. _____	19. _____
5. _____	20. _____
6. _____	21. _____
7. _____	22. _____
8. _____	23. _____
9. _____	24. _____
10. _____	25. _____
11. _____	26. _____
12. _____	27. _____
13. _____	28. _____
14. _____	29. _____
15. _____	30. _____