

# LET'S TALK

## SUICIDE PREVENTION

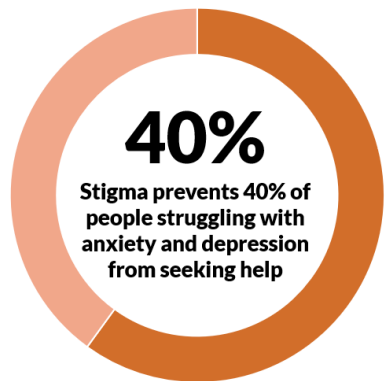
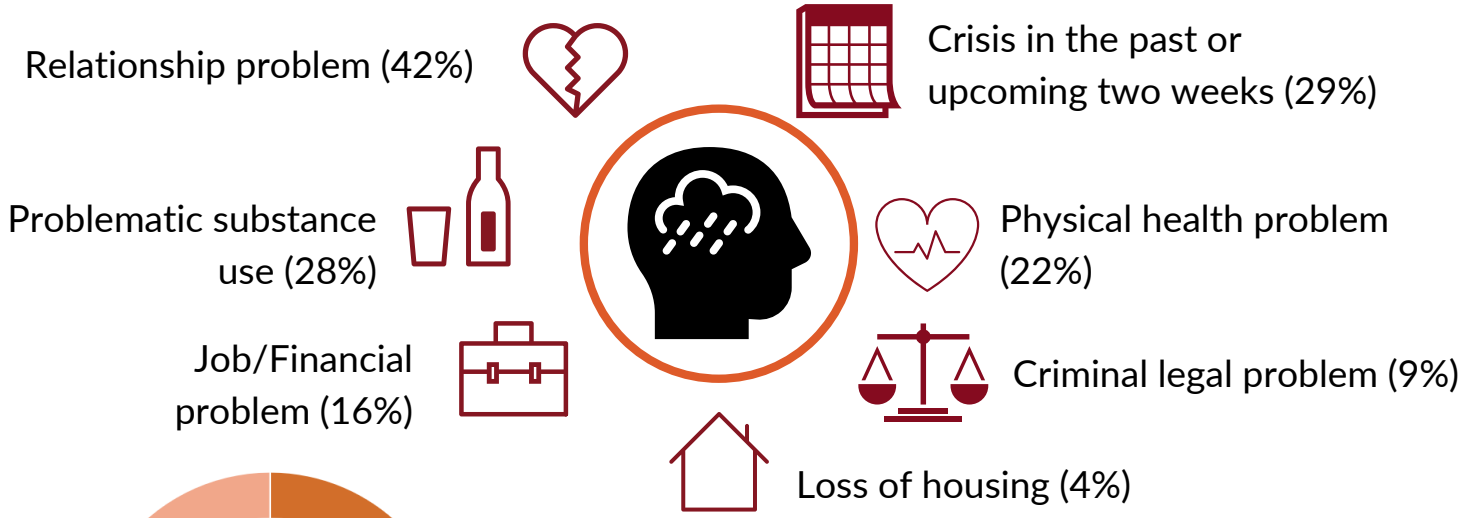


### Reduce the Stigma

Stigma can cause people to feel ashamed of something out of their control and, at its worst, prevent someone from seeking help.



Suicide doesn't only occur in people with mental illness. Many factors contribute to suicide:



Normalizing conversations about suicide and mental health reduces stigma, making it easier for people to reach out for help.

How do we fight stigma in the workplace?

- Talk openly about mental health
- Educate yourself and others on mental health issues
- Be conscious of hurtful language
- Treat physical and mental health as equally important



HEALTHIER WORKFORCE CENTER of the MIDWEST



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