

# 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

**TALK**  
 Experiencing unbearable pain  
 Being a burden to others  
 Killing themselves  
 Having no reason to live  
 Feeling trapped

**BEHAVIOR**  
 Increased use of alcohol or drugs  
 Acting recklessly  
 Withdrawing from activities  
 Looking for a way to kill themselves, such as searching online for materials or means  
 Isolating from family and friends  
 Sleeping too much or too little  
 Visiting or calling people to say goodbye  
 Giving away prized possessions  
 Aggression

**MOOD**  
 Depression  
 Loss of interest  
 Irritability  
 Rage  
 Humiliation  
 Anxiety

**AGGRESSION**



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. _____
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