

LET'S TALK

SUICIDE PREVENTION



Suicide and the Workplace

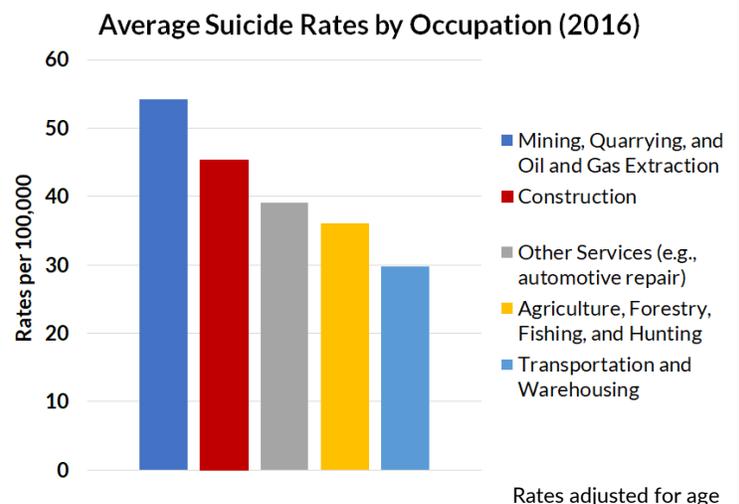
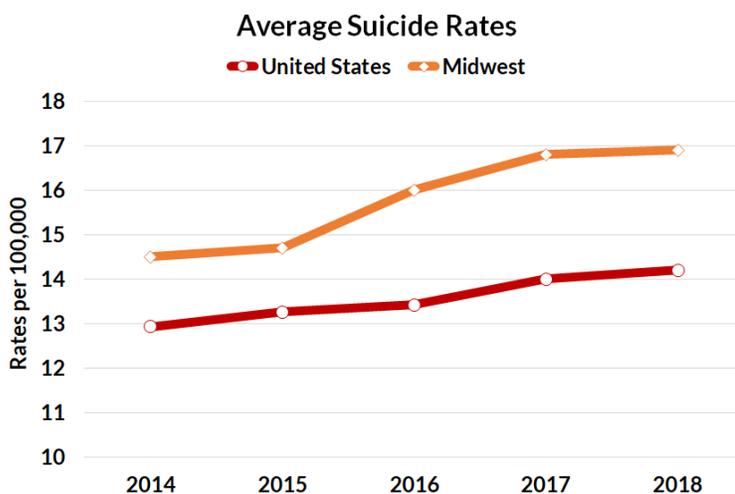
One person dies of suicide every 11 minutes.
One person attempts suicide every 26 seconds.



How big is the suicide problem?

- Suicide is the 10th leading cause of death in the US, and the rate is increasing.
- More people die by suicide than motor vehicle crashes.
- In 2015, 575,000 people visited the hospital due to self-harm injuries.
- Half of all people know someone that has died by suicide.

Mental health is a personal issue, a family issue, a society issue and a WORK issue. That is why mental health should be part of the SAFETY CONVERSATION



What can we do?

- Talk about it! Make it part of the safety conversation.
- Learn to recognize the warning signs in yourself and others.
- Seek help from national and local resources.



HEALTHIER WORKFORCE
CENTER of the MIDWEST



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