

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 (Icon: speech bubble)

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

BEHAVIOR (Icon: martini glass)

- 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
- Sleeping too much or too little
- Isolating from family and friends
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression

MOOD (Icon: sad face)

- Loss of interest
- Irritability
- Anxiety
- Depression
- Rage
- Humiliation

AGGRESSION (Icon: life preserver)

American Foundation for Suicide Prevention



Call, text, or chat 988
24/7 Free & Confidential