

Suicide Prevention Week – Day 1 **Suicide and the Workplace**

- Suicide in the 10th leading cause of death in the United States.
- There are now more deaths from suicide each year than from car accidents.
- One person dies of suicide every 11 minutes. One person attempts suicide every 26 seconds.
- The Midwest has a higher rate of suicide than the national average.
- More than half of the population knows someone that has died by suicide.

Mental health is part of the safety conversation



Call 800-273-8255
Text HELLO to 741741

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Suicide Prevention Week – Day 2

Reduce the Stigma

- Many factors contribute to suicide such as relationship problems, a past or upcoming crisis, substance use issues and/or physical health problems.
- Stigma can cause people to feel ashamed of something out of their control and **may prevent someone from seeking help.**
- Normalizing conversations about suicide and mental health helps reduce the stigma, making it easier for people to reach out for help.
- We can fight stigma by viewing mental health as equally important as physical health.

We need to talk about it.



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Suicide Prevention Week – Day 3

Recognize the Warning Signs

Be aware of and pay attention for these **warning signs**:

- **Talk of feeling trapped**, being a burden to others, having no reason to live, unbearable pain, killing themselves.
- **Moods like** depression, rage, anxiety, humiliation, irritability, loss of interest.
- **Behavior such as** acting recklessly, isolating from others, saying goodbye, giving away possession, changes in sleep, looking for means to kill themselves.

If you see these signs in a coworker, step in or speak up.



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Suicide Prevention Week – Day 4

Start a Conversation

If you suspect your coworker is in trouble:

- **ASK** - Using non-judgmental language, ask directly about suicide.
- **BE THERE** - Listen to your coworker, let them know you are genuinely concerned and take them seriously.
- **KEEP THEM SAFE** - Create a safety plan together.
- **HELP THEM CONNECT** - Provide a hand off to a professional who can help, such as the National Suicide Prevention Hotline or emergency personnel.

Assure them you care and are here to help them.



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Suicide Prevention Week – Day 5

Summary

- Suicide is the 10th leading cause of death in the United States. Some industries (construction, agriculture and transportation) have higher rates than others.
- We must confront the stigma associated with mental health and suicide by including it in our safety conversations.
- Recognize the warning signs of suicide and step in (start a conversation) or speak up (report it to supervision).

Remember: talking about suicide does NOT put the idea in someone's head.

You are not alone: we are in this together.



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