

Life Advisor

EMPLOYEE ASSISTANCE PROGRAM

Confidential • No-Cost Support



Suicide Awareness & Prevention

Why is there such high risk?

TRAUMA

People are exposed to risk and trauma, which changes the brain. Without treatment it almost always gets worse and affects all other aspects of health.

FEAR

Fear of appearing weak, needy or unhealthy keeps people from taking care of themselves. Ironically, in an attempt to protect oneself, fear puts one in danger.

STRESS

Stressors are unique to each individual and may not be understood by everyone. This requires advanced problem-solving and self-care skills.

SILENCE

The “strong, silent type” makes for great movie characters but is horrible for our mental health, teamwork, collaboration and partnerships. Change requires mindfulness and practice.

SLEEP

Getting adequate sleep is the single most important thing you can do for yourself. Without adequate sleep people have poor judgement, difficulty learning, make more mistakes and are more likely to develop illnesses.

*"I am extremely
thankful I did
not take my
life"*

Michael Phelps

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Enhancing People. Improving Business.

NUTRITION

You truly are what you eat (and drink). Vitamins, minerals and amino acids can have a huge impact on depression, learning and memory. Mild dehydration influences mood and the ability to think clearly.

EXERCISE

Physical exercise keeps your mind in shape, much like your body. People who get adequate exercise handle stress better, have better mood, less anxiety, have improved self confidence, are more relaxed and tend to get more done.

SOCIALIZATION

Loneliness is described as the new cancer. Studies show people who are chronically lonely have damaged DNA and a lower life expectancy. Co-workers meet some of our socialization needs, but strive to have a couple of true friends with similar interests who live close by.

Knowing the risk factors of suicide can help you to be proactive.

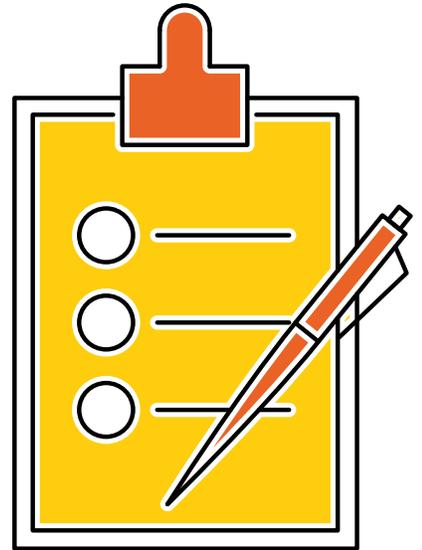
- Prior suicide attempts
- Family history of suicide
- Substance abuse
- Access to lethal means
- Job or financial loss
- Recent renowned suicide or local clusters of suicide
- Change in health
- History of abuse or neglect
- Loss of relationship

Consider the following:

- ✓ If you can't leave someone alone, how will you handle that?
- ✓ Do you have access to updated emergency contacts if needed?
- ✓ Do you have a list of emergency resources?
- ✓ Do you know of a place that is both safe and has some degree of privacy?

GET CONNECTED & HAVE A PLAN

- Trust your gut. Reach out to the person you are concerned about and ask if they are OK. Don't be afraid to ask "Have you ever had thoughts of suicide?" The act of demonstrating concern and offering support is important and helps reduce the troubled person's sense of isolation.
- Contact the National Suicide Prevention Lifeline (800.273.8255) for assistance.
- Look at the National Suicide Prevention Lifeline's list of Dos and Don'ts for guidance on helping someone at risk. (<https://suicidepreventionlifeline.org/help-someone-else/>).
- Be open-minded, non-judgmental and supportive.



**Life Advisor Employee Assistance Program:
800.448.8326**

**National Suicide Prevention Lifeline:
800.273.8255**

