

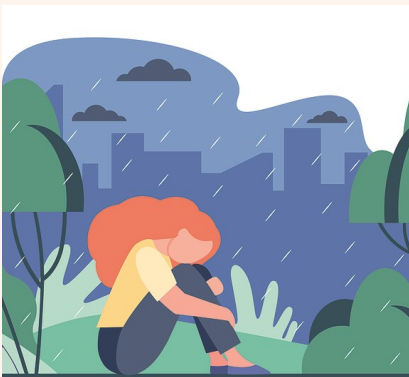
Signs of Immediate Risk

These behaviors should prompt immediate action

- Talking about wanting to die or kill oneself
- Looking for ways to kill oneself, like searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

Fight the Stigma

1. Talk openly about mental health
2. Educate yourself and others
3. Be conscious of language
4. Encourage equality between physical and mental illness
5. Show compassion for those with behavioral health issues
6. Choose empowerment over shame
7. Be honest about treatment



September is Suicide Prevention Month

Over 40,000 people die by suicide each year in the United States. Suicide does not discriminate. People of all genders, ages, and ethnicities can be at risk. Suicide is *not* a normal response to stress—suicidal thoughts or actions are a sign of extreme distress, not a harmless bid for attention, and should not be ignored. Family, friends and coworkers are frequently the first to recognize the warning signs and can be the first to take steps toward helping an at-risk individual find treatment.

If you think something is off, take action

- **Ask.** Question the person kindly, but firmly about any suicidal thoughts. *Are you thinking of harming yourself in any way.* When people are asked if they have suicidal thoughts, most feel a sense of relief, not distress. An open conversation with you may be their first step toward improved health.
- **Be there.** Listen carefully, without judgement, and learn what the person is thinking and feeling.
- **Express your concern and support.** Let the person know that you care. Encourage them to accept help, even if it is only to talk to someone at the time. Ask if they can commit to not hurting themselves until then.
- **Help them connect.** Help them make a connection with a trusted individual like a family member, friend, or mental health professional. If this is a coworker, you may want to coordinate a connection with Concern.
- **If you believe self-harm seems imminent, call 911.** Hospitalization may be necessary until the crisis has abated and the person has been stabilized.
- **Stay connected.** Staying in touch after a crisis or after being discharged can make a difference. Studies show the number of suicide deaths go down when someone follows up with the at-risk person.

Sources and for more information: [National Alliance on Mental Illness](#), [National Suicide Prevention Lifeline](#), [NAMI Stigma Free Campaign](#)



Call Concern: 800.344.4222
employees.concernhealth.com