

Be aware of the warning signs of suicide

Warning signs are not risk factors. Warning signs indicate an immediate risk of suicide whereas risk factors indicate someone is at heightened risk for suicide, but little or no immediate risk of suicide. Knowing the warning signs of suicide helps people know what actions to take to help someone at immediate risk for suicide.



The following signs require immediate attention:

Talk:

Talks about wanting to die/kill oneself, "I wish I were dead."

Expresses hopelessness, pain and feeling like a burden, "Others are better off without me."

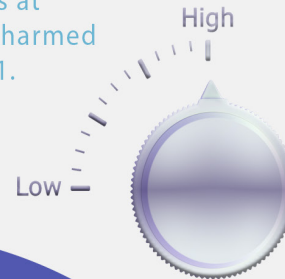
Behavior:

Looking for ways to kill oneself; sending goodbye messages; giving away valued possessions; putting affairs in order; reckless misuse of alcohol, drugs, or weapons.

Take action to get help

Most suicides are preventable. People can recover from acute crises and mental health conditions. It is important to know how to protect yourself, your coworkers and your loved ones.

High Risk: If the person is at high risk and has already harmed himself or herself, call 911. Do not negotiate with someone who has a gun and get to safety.



Conversation

Ask the hard question, "Are you thinking about killing yourself?"

If the person is not in imminent danger, start a conversation to help them share their concerns, and find out how you might help them. Offer to connect the individual to our **Employee Assistance Program at 1-800-222-0364** and ask for the on-call crisis counselor.



Crisis Line: If the person is at risk for suicide, stay with the individual. Connect them to the

Suicide and Crisis Lifeline at 988



U.S. Immigration and Customs Enforcement

EAP

Suicide Prevention

Is Everyone's Responsibility



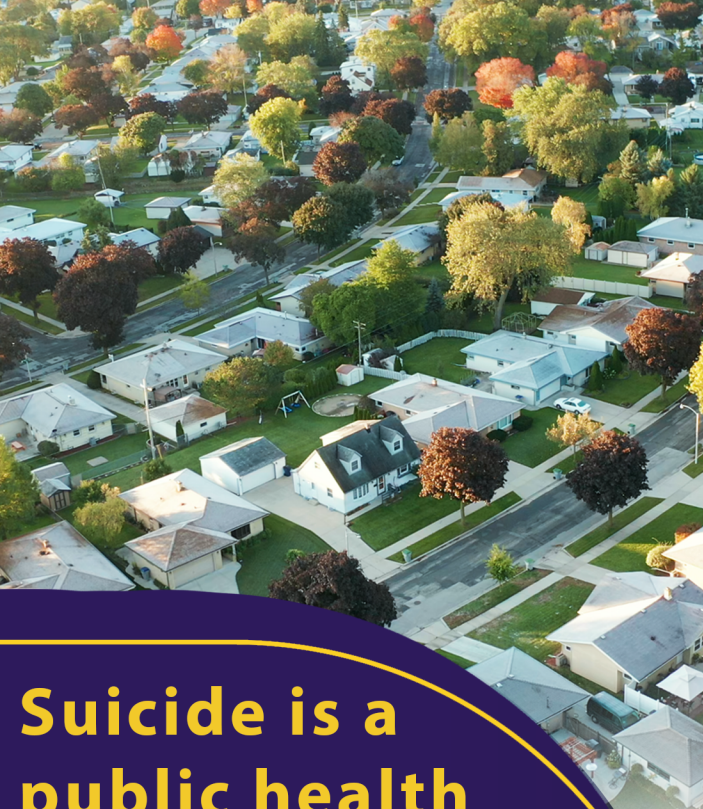
EMPLOYEE EDITION
Tactics for Prevention, Early Intervention and Building Resilience



STRONGER TOGETHER

You are not alone





Who is at Risk for suicide?

People of all ages and diverse backgrounds can be at risk for suicide. Risk factors increase the likelihood that a person may take their life but do not actually indicate that a person is experiencing a suicidal crisis.

What is the cause of suicide?

There is no single cause for suicide.



Multiple factors contribute to suicide. Suicide most often occurs when stressors converge to create feelings of hopelessness, despair and pain.

Suicide is a public health concern

Suicide is a major public health concern in the United States. Suicide rates have increased 36% over the past 20 years.

Suicide is the 9th leading cause of death in people ages 10 - 64.

What are the risk factors for suicide?

- Prior suicide Attempt
- Mental illness (depression)
- Social isolation
- Relationship problems
- Financial/Legal concerns
- Job problems or job loss
- Substance abuse and/or alcoholism
- Serious medical illness
- Barriers to health care
- Stigma associated with mental illness or help-seeking
- Bullying
- Suicide cluster in the community
- Adverse childhood experiences (child abuse and/or neglect)
- Access to lethal means



Why are protective factors for suicide prevention and good mental health important?



Protective factors are individual characteristics and actions we can take to protect people from suicidal thoughts and behaviors.

The main protective factors for suicide are:

- Available, effective and early mental health treatment
- Strong connection to individuals, family, communities and social institutions
- Access to health care
- Good problem-solving skills
- Meaning and purpose in life
- Healthy coping skills
- Lethal means safety
- Belief system that discourages suicide