

DIY: Suicide Prevention Month

Triad EAP offers benefits designed to help employees, their spouse or significant other, and dependents with personal or work-related challenges that may impact their job performance, physical health or mental well-being.



September is National Suicide Awareness Month. According to the CDC, nearly 46,000 lives were lost to suicide in 2020. Let's explore what you can do if you are worried someone may be suicidal.

Watch for warning signs: In an article on Psychology Today, author Dr. David Sutton says, "It's important to understand that about 90% of people in a suicidal crisis will give some kind of warning to those around them. Warning signs can include previous suicide attempts, alcohol, and drug abuse, statements revealing or suggesting a desire to die, sudden behavior changes, depression, giving away personal belongings, and purchasing a gun or stockpiling pills."

Ask the tough question: "Are you thinking of suicide?" Saying those difficult words may feel uncomfortable and intrusive. Many fear that by asking someone if they will kill themselves, we may actually make things worse. Remember, a person who is suicidal is hurting. Knowing that someone cared enough to ask may be enough to interrupt the path toward suicide. If you notice someone displaying warning signs or your instincts tell you something is wrong, then it is time to ask the question. It is OK for you to feel anxious about this conversation, and here are a few things to do before so that you feel pre-prepared:



**Always available.
Always confidential.
Let us Help.
www.triadeap.com
(877) 679-1100**



Suicide Prevention Month

Practice what you will say. Be empathetic, yet direct. It could go something like this; "I've noticed you are going through a hard time. Sometimes when people are hurting, they contemplate suicide. Have you been having suicidal thoughts?"

Be prepared to hear the answer. Do your homework ahead of time. Have crisis support numbers available. If the answer is "yes", thank them for trusting you. Let them know you want them to live. Explain that you want to help, but that you can't do it alone, and then review options together. If the answer is "no", our instinct is to move on... quickly. Yet, this is another opportunity to trust your intuition. Are they defensive? Are they avoiding eye contact? Understand that you might have to press them. Remember, something in their behavior was concerning. Even if the answer is no to suicide, remind them about mental health services available that can help them through the toughest of times.

Suicide Hotline

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States.



RESOURCES

National Suicide Prevention Lifeline:

Call: 988 or 1-800-273-TALK

Live chat: <https://988lifeline.org/>

Colorado Crisis Services:

1-844-493-TALK (8255)

Immediate support is available, and connections to more resources are provided.

Veterans Crisis Line and Military Crisis Line:

1-800-273-8255 (press 1).

Text to 838255.

Live chat:

www.veteranscrisisline.net

The Trevor Project:

1-866-488-7386

**(For LGBTQ young people,
their friends, and allies)**

www.thetrevorproject.org

Triad EAP:

1 - 877- 679-1100