



Recognize the Warning Signs of Suicide

More than a quarter of adults have seriously considered suicide. By becoming aware of the warning signs and how to deal with employees in crisis, supervisors can save a life.

Recognize.

The many signs of depression or suicide risk are just part of the individual's overall behavior. Some signs or behaviors to be aware of are:

- Excessive anger and/or impatience
- Poor concentration
- Negative changes in productivity
- Taking too many sick days
- Unusual focus on death, dying, and/or violence
- Experiencing hopelessness and/or confusion ("I just don't know what to do;" "There's no way out.")
- Feeling worthlessness, guilt, and/or self-loathing ("Everyone would be better off without me.")
- Withdrawal from friends and family, increasing social isolation
- Self-destructive behavior and/or previous suicide threats or attempts

Concerned?

Employees who give any indication that they are considering suicide should be referred to a local healthcare facility or **in the case of immediate crisis, call 911.**

For additional support, contact the EAP program directly.

Respond.

Automatic responses to statements about suicide, even with the best of intentions, can be detrimental to the individual's emotional state. Use the following guidelines when an individual speaks about depression or suicide:

Do:

- Express genuine concern ("I am worried about you.")
- Be sympathetic, patient, and accepting ("I am glad that you came to me.")
- Let the individual know you must call 911. When the individual's safety is at risk the authorities must be involved to protect both the individual and those close to the individual.
- Get professional help. Call the EAP program for support and guidance.

Don't:

- Don't leave the individual alone
- Don't transport the individual yourself or visit the individual at home
- Don't argue with the individual ("You have so much to live for;" "Look on the bright side.")
- Don't lecture on the value of life
- Don't offer ways to fix the individual's problems
- Don't identify with the individual ("I have depression too")
- Don't blame yourself
- Don't address the warning signs



Contact an EAP clinical specialist:
call **800.932.0034**
email eapinfo@acispecialtybenefits.com

