

Suicide Prevention

Individuals may consider suicide when they feel hopeless and can envision no other solution to their problems. Frequently they have serious depression, alcohol or substance abuse issues or have survived a major trauma. If an individual talks about suicide, take the person seriously. Other warning signs include:

- Talking about wanting to hurt or kill oneself, including general statements such as: “You’d be better off without me.” or “I may not be around.”
- Expressing feelings of hopelessness or helplessness
- Having prior suicide attempts
- Talking or writing about death or dying when it is out of character to do so
- Withdrawing from friends and family
- Increasing risky behavior including amount of drug or alcohol use
- Looking for ways to kill oneself by finding access to firearms or pills
- Acting anxious, agitated, or suffering from sleep disturbances
- Undergoing personality changes
- Talking about having no reason to live or no sense of purpose
- Giving away prized possessions



If you witness these warning signs, what should you do?

- Trust your instincts that this person may be contemplating suicide.
- Listen to the person empathetically, but avoid giving advice.
- Share your feelings with the individual. Let him or her know you are concerned and that you care.
- Ask questions without being judgmental.
- Ask if the person has suicidal thoughts. If so, ask if he or she has a plan to carry out the suicide. If there is a comprehensive plan, get immediate professional help. Be aware that the more detailed the plan, the greater the risk it will be carried out.
 - Do not leave the person alone. Contact friends or family members, even if the individual does not agree.
 - Do not promise to keep your concern a secret. Get professional help even if the individual resists. Call Carebridge (1-800-437-0911) or the National Suicide - Prevention Lifeline at 1-800-273-TALK (8255). Follow their guidance which, for the most seriously distressed, could mean taking the individual to a hospital emergency room or calling 911.
 - If the person does not have a plan, urge him or her to get medical help. Offer to assist with setting up an appointment with a professional. Share your observations with someone close to the person, so that both of you can monitor warning signs.

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Carebridge services are available to covered employees and their families at no cost to them. Contact Carebridge at any time by calling 800-437-0911 or emailing clientservice@carebridge.com