

# Preventing Suicide



According to a recent study by the CDC, suicide is a leading cause of death in the United States and rates have been dramatically increasing within certain populations. With rates at a 30-year high, you cannot ignore the warning signs from loved ones, co-workers or even with your own personal well-being struggles.



Emotional Well-Being

No one is immune. For every person who loses their life to suicide, more than 25 others attempt suicide. It is a true mental and public health crisis and you can make a difference in assisting someone who may be struggling.

## Suicide Risk Factors

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders and certain personality disorders
- Alcohol and other substance use disorders
- History of trauma or abuse
- Major life change like a job loss, financial loss, loss of a relationship or change in health/illness
- Lack of healthcare, especially mental health and substance abuse treatment
- Exposure to others who have died by suicide (in real life or via the media and Internet)
- Previous suicide attempt(s)

## Warning Signs for Suicide Risk

Not everyone who attempts suicide shows warning signs, but many times they do. Here are some things to look for:

- Talking about wanting to die
- Looking for a way to kill themselves, like searching online or buying a gun
- Increasing use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Talking about feeling hopeless or having no reason to live; feeling trapped or in unbearable pain; being a burden to others
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Having extreme mood swings

If you see someone showing some of the above warning signs, it should be a red flag that they need help.

## What to Do

- Ask the hard questions — Do you have thoughts or a plan for hurting yourself? Do you feel as though there is no way out? Do you plan on committing suicide?
- If they say yes to any of the above, stay with the person and call a professional resource until they are safe — 988 or the National Suicide Prevention Lifeline, 800-273-8255.
- If they say no, show empathy and provide a supportive, listening ear. It is important to share your concerns and offer help in finding professional assistance.
- It is important to refrain from phrases such as: “Snap out of it” or “You shouldn’t feel that way”.

## National Resources:

**988 Suicide & Crisis Lifeline (National Suicide Prevention Lifeline)**

<https://988lifeline.org/> and <https://suicidepreventionlifeline.org/>  
Call 988 or 800-273-TALK (8255) (offers 24/7 call, text and chat access)

**SAMSHA**- 24/7 Support to locate treatment for substance abuse and mental health treatment  
**1-800-662-HELP**

Helping someone who is struggling with thoughts of suicide can be emotionally draining. There are resources available for additional support. Check with your company’s human resource department for more information on the benefits that are available, like your Employee Assistance Program.

Sources:  
Suicide Prevention Lifeline <https://suicidepreventionlifeline.org/>  
[www.LifeAdvantages.com](http://www.LifeAdvantages.com)  
[www.cdc.gov](http://www.cdc.gov)

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