



**Employees can play  
a powerful role in  
preventing suicides  
among the workforce.**

**BE THE ONE  
To Recognize Warning  
Signs Of Suicide**

- Talking about suicide or death.
- Giving direct verbal clues, e.g. "I wish I were dead."
- Giving less direct verbal clues, e.g. "What is the point of living?"
- Isolating self from co-workers, friends or family.
- Neglecting appearance and hygiene.
- Change in behavior.
- Expressing feeling hopeless/helpless.
- Giving away personal items, making final arrangements.
- Access to or obtaining a gun.
- Exhibiting a sudden and unexplained improvement in mood after being depressed or withdrawn.



## **BE THE ONE To Save A Life**

- Recognize when someone may be suicidal.
- Listen to the problem and give the situation your full attention.
- Express empathy.
- Do not promise confidentiality.
- Offer hope and reassure that help is available.
- Persuade to get help, e.g. "Will you go with me to get help?"
- If persuasion fails, refer to the appropriate support.
- If suicide is eminent, do not leave the person alone.

## **RESOURCES FOR HELP**