

Employee Assistance Program

Warning Signs of Suicide & What You Can Do

If you think a person could be suicidal, ask, "Have you thought about suicide?" If they say "yes," they may already have a plan for how and when they will attempt it. Find out as much as you can. The more detailed the plan, and the easier it is to carry out, the more danger the person is in right now.



Know the Warning Signs

The warning signs for suicide include:

- Threats or talk of suicide
- Buying a gun or other weapon
- Statements such as "Soon, I won't be a problem" or "Nothing matters"
- Giving away items they own, making out a will, or planning their funeral
- Suddenly being happy or calm after being depressed

Get Help

Don't try to handle this alone.

You can be the most help by getting the person to a trained professional. Why? Because suicidal thinking may be a sign of depression, a serious but treatable illness. Once it is treated, suicidal thinking often goes away.

In an Emergency—Call 911

Don't leave the person alone.

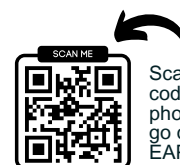
Call 911 or contact the Crisis and Suicide Lifeline 24 hours per day talk or text - 988. You can also get help at the nearest hospital emergency room (ER).

Call Someone for Help.

Your EAP is available 24 hours per day/7 days a week. Call **(800) 833-3031** to speak with a mental health counselor or visit www.EAPHelplink.com & enter your company's password. You can also call the National Suicide Prevention Lifeline 24 hours per day at 800-273-TALK (8255) 24 hours per day/7 days a week.

24/7/365 PHONE:
1.800.833.3031

WEBSITE:
www.EAPHelplink.com
Code: IOWA



Scan this QR code using your phone camera to go directly to the EAP website