

World Suicide Prevention Day Webinar

Conversations That Matter: Building Hope and Support



In this free recorded webinar, participants will be able to:

- **Explore the role of meaningful conversations** in preventing suicide and supporting mental health
- **Identify warning signs** and learn how to respond with compassion and confidence
- **Practice supportive communication techniques** that can make a real difference
- **Discover ways to foster hope and resilience** in themselves and others

Available on your site September 10.

WEBSITE: EAPHelplink.com

COMPANY CODE: IOWA

TOLL-FREE: 1.800.833.3031

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



Employee Assistance Program *Tip Sheet*

Managing Suicidal Thoughts & Accessing Support

988

SUICIDE &
CRISIS
LIFELINE

YOU ARE NOT ALONE. HELP IS AVAILABLE.

Do you need help right away? Reach out to the National Suicide and Crisis Lifeline now for free and confidential assistance. Call or text **988** or chat online at **988lifeline.org** anytime.

Acentra
HEALTH

Anyone can experience suicidal thoughts, and these thoughts do not represent a weakness or flaw. If you're finding yourself experiencing the following, help is available:

- Frequent thoughts about death and dying
- Thinking about ways to die
- Believe you don't deserve to keep living
- Wish you could simply stop living

Staying Safe

The following steps can help you stay safe while you are working on getting more long-term support:

- **Reach out** – Loved ones can listen and offer emotional support. If you are unsure who to turn to, start by calling 988 to speak to a crisis counselor.
- **Go somewhere safe** – A safe location can make it easier to avoid acting while your thoughts pass. You could try a friend's place, a public space, or even take a walk.
- **Lock up or get rid of weapons** – Safety means staying away from possible methods of suicide. A friend or family member can help you remove these items or stay with you. If you have daily medications, a friend can give you a daily dosage for safety.
- **Avoid alcohol or other substances** – Using substance can worsen depressive thoughts.
- **Try grounding techniques** – Go for a short walk, cuddle a pet, or take 10 deep breaths.
- **Do something that helps you relax** – Listen to music, watch TV, eat a favorite food, or look at photos of people or animals you love.
- **Think about something you want to live for** – Maybe it's a pet, spouse, child, family member, friend, job, or your faith.

Employee Assistance Program (EAP) counselors are available 24/7 through the toll-free number below. The EAP can connect you with a counselor for no-cost, solution-focused counseling to help get you on the path to feeling better.

Reference: <https://www.cdc.gov/suicidel/>



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1.800.833.3031



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CODE: IOWA



Scan this QR code using your phone camera to log in to your EAP site

Employee Assistance Program *Tip Sheet*

Suicide Prevention



If someone has a plan to imminently harm themselves, call **911**.

Suicide is a serious public health problem with one death occurring every 11 seconds (CDC). Everyone can play a major part in preventing suicides. Suicidal thoughts are typically temporary and will eventually pass, but it is important in these moments to ask the right questions and ensure the individual's safety. If someone you know is in emotional pain, follow the five steps below to ensure their safety.



Five Action Steps for Suicide Prevention

- 1 Ask.** Directly ask “are you thinking about killing yourself?” This communicates that you are open to being non-judgmental and supportive.
- 2 Be There.** Just being present with someone, can help them through the moment. Feeling a sense of connection and belonging has been shown to be a protective factor in preventing thoughts from turning into action.
- 3 Keep Them Safe.** If the individual indicates they have been thinking about killing themselves, you will want to ask more specific questions. Find out the following:
 - Have you tried to kill yourself before?
 - Have you thought about what you would do?
 - Have you thought about when you would carry this out?

If they are talking about following through sometime in the future with a plan of how and when, call 988 together. You can reduce access to their plan by taking away lethal means, such as firearms and medications. **Putting time and distance between an individual and their plan has been shown to be highly effective in reducing suicide.**

- 4 Help Them Connect with a Professional.** Encourage and assist the individual with finding a trained professional. The Employee Assistance Program (EAP) is a perfect resource, as counselors are available 24 hours a day, 7 days a week and can make immediate referrals.
- 5 Stay connected and follow up.** Continue to show you care and are a supportive resource. Call, text, schedule a time to get together, and/or leave a supportive message. These actions increase feelings of connectedness and demonstrate that you care and are there to help.

If you know someone who is struggling, be the one to ask the difficult questions and follow these steps to keep them safe. If you are struggling yourself, reach out to your EAP for free, confidential help 24 hours a day, 7 days a week. You are not alone, and help is available.

Reference: National Institute of Mental Health



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