

Employee Assistance Program *Tip Sheet*

How to Help Someone in Need of Support



Most people want to help someone who may be struggling but aren't always sure what to say or do. During Suicide Prevention Awareness Month, remember that you don't have to be a mental health professional to make a meaningful difference. Small actions can help someone feel seen, supported, and connected. Here are some ways to support someone you're concerned about:

- **Trust your instincts.** If someone's behavior, mood, or outlook has changed noticeably, don't ignore your concerns.
- **Reach out and ask.** A simple, caring conversation can make a difference. Ask how they're doing, listen without judgement, and avoid trying to "fix" the situation.
- **Take suicide concerns seriously.** If someone shares thoughts of suicide or hopelessness, stay calm, let them know you care, and encourage them to connect with immediate support. If they are in immediate danger, call 911 or your local emergency services.
- **Know where to find help.** Offer to help contact a trusted family member, friend, mental health professional, or crisis service if needed. The Suicide and Crisis Lifeline is available 24/7 by calling or texting 988 to reach a trained crisis counselor for free, confidential support.
- **Stay connected.** Continue checking in after your initial conversation. Knowing someone cares can provide comfort during difficult times.

If you or someone in your family is experiencing emotional challenges, your Employee Assistance Program (EAP) offers confidential support, resources, and referrals. Reaching out for help is a sign of strength, and support is always available.

References: American Foundation for Suicide Prevention (AFSP). What to Do When Someone is at Risk. <https://afsp.org/what-to-do-when-someone-is-at-risk/>. National Alliance on Mental Health (NAMI). Risk of Suicide. <https://www.nami.org/co-occurring-conditions/risk-of-suicide/>

Call 24/7: 1.800.833.3031

Website: EAPHelplink.com

Code: IOWA