



## Suicide Awareness and Prevention

Every day, approximately 130 Americans die by suicide. It is estimated that 25% of the population is battling depression on any given day, and yet only half seek treatment. The CDC reports that builders' and construction industries are especially vulnerable to depression, substance abuse and suicide.

### **If you or someone you know is struggling with depression or suicidal thoughts, there is help.**

Your company has partnered with TEAM to provide information and resources on depression and suicide.

#### **Know the Warning Signs**

- Talking about wanting to die
- Talking about hopelessness, purposelessness
- Alcohol or drug abuse
- Disrupted sleep
- Withdrawing from friends, family, colleagues
- Showing rage or talking about seeking revenge; increased conflict at work
- Extreme mood swings

#### **Know the Risk Factors**

- Untreated depression
- Substance use disorders
- History of trauma or abuse
- Physical illness or chronic pain
- Recent job loss, relationship loss
- Easy access to lethal means
- Lack of social support, isolation
- Fear or stigma asking for help
- Previous suicide attempts
- Family history of suicide
- Local clusters of suicides
- Exposure to others who have died by suicide

#### **How to Help a Depressed or Suicidal Person**

**It's OK to talk about it.** Asking someone about depression or suicidal thoughts will NOT worsen their symptoms. A compassionate conversation with someone struggling with depression or suicidal thoughts can reduce the risk of suicide.

**Reduce risk of harm.** If you are aware of someone who is struggling with suicidal thoughts, remove lethal means from their environment. Ensure firearms, pills or other methods of suicide are not accessible.

**Connect them to resources.** The safest place for an actively suicidal person is the nearest Emergency Room. For a depressed person who is struggling with suicidal thoughts, encourage them to call TEAM or their primary care doctor for mental health resources.

**Take care of yourself.** Caring for a suicidal person can take an emotional toll. Lean on professional resources around you, including your work supervisors. Pay attention to your own mental health and create boundaries for yourself as needed.

#### **Grief in the Aftermath of a Suicide**

**Whatever you are feeling, it is normal.** It is normal to feel shock, guilt, fear, anger and more in the aftermath of a suicide. Talk to trusted people around you, or reach out to your doctor, therapist or to TEAM for additional support in processing the loss.

#### **Mental Health Resources**

**National Suicide Prevention Hotline, 1-800-273-8255:** Trained crisis counselors are available 24/7 to talk through how your problems are impacting you and how to help. This service is FREE.

**Crisis Text Line: Text HOME to 741741** for FREE, 24/7 crisis support via text message.

**TEAM, Wellness at Work, 1-800-634-7710:** TEAM is your Employee Assistance Program. TEAM is staffed by trained counselors who can talk to you about your stress, grief, depression or suicidal thoughts and provide help. TEAM services are **included** in your membership benefits.

#### **Start with TEAM**

Are you unsure of what you are feeling? Start with TEAM. TEAM is part of your membership benefits. TEAM services are provided to you and your household at no additional cost to you. TEAM's trained counselors can help you assess for symptoms and plan next steps. Often the first signs of declining mental health are increased irritability or anger, increased substance use and trouble sleeping.