

WELL BALANCED^o

- SEPTEMBER 2023 -
Suicide Prevention Awareness Month

Crushing THE STIGMA & PREVENTING SUICIDE

The prevalence of mental health challenges and suicide deaths in the U.S. are concerning, and rightfully both issues are raising more awareness and action.

September is National Suicide Prevention Awareness Month—a time to raise awareness, raise education, crush stigma, share stories of resilience, and welcome conversations about mental health and suicide.

Suicide impacts individuals, families, workplaces, and communities. Suicide is the 12th leading cause of death overall in the U.S.⁽¹⁾ It impacts all ages, all genders, all races, and all economic statuses.

For this reason, awareness benefits everyone. We all have a part to play in crushing mental health stigma and creating a world where everyone has access to mental health conversations and support. We can all benefit from honest conversations about mental health, suicide, and experiences with trauma because, ultimately, those conversations can save lives and make others feel safe to express their needs.

Know the Warning Signs

Recognizing the warning signs is key to preventing suicide and helping others. Seek help if you or someone you know is experiencing any of these common warning signs⁽²⁾:

- » Excessive fear or anxiety
- » Decline in work performance
- » Chronic exhaustion and burnout
- » Inability to concentrate
- » Feeling depressed or withdrawn
- » Saying goodbyes/giving away prized possessions
- » Major financial stress
- » Loss of a major relationship
- » Death of a friend or family member

- » Toxic personal or work relationships
- » Serious medical diagnosis or chronic illness
- » Talking about death, dying, or suicide

Responding to Warning Signs

If you recognize these warning signs for yourself, reach out to the suicide crisis lifeline (988) and contact a mental health professional. While it may feel difficult or unnecessary to reach out for help, these professionals are experts in supporting mental health and can get you the help that you need to restore your mental well-being.

It can also be difficult to approach someone else who may be in crisis, but it's worth it if it means saving a life. If you recognize these warning signs in someone else, express concern, allow the person to open up without passing judgment, ask how you can be supportive and reassure your support, encourage them to get help and refer them to support services like the suicide crisis lifeline or an Employee Assistance Program (EAP). If you recognize that someone is in imminent danger, call 911.

Know What Support is Available

Resources for support include:

- » Suicide Crisis Lifeline and Text Line
- » Call or text 988.
If you prefer to chat online, you can visit 988lifeline.org
- » National Alliance on Mental Health
- » [NAMI.org](https://www.nami.org) or text NAMI to 741-741 for free crisis counseling
- » Employee Assistance Programs (EAP)
- » Mental Health Counseling



Want more resources for mental health support?

Talk to your employer to find out what is available to you through your Employee Assistance Program (EAP) or employee wellness program.

⁽¹⁾ https://www.nlm.nih.gov/health/statistics/suicide#part_2557 ⁽²⁾ <https://www.welcoa.org/resources/supporting-coworker-crisis>