

# YOU CAN PREVENT SUICIDE

A person who feels suicidal may not ask for help, but that doesn't mean that help isn't wanted. If you think a family member, a friend or coworker is considering harming themselves, follow the tips below.



**Reach Out.** If you know someone is having a difficult time, ask them what is going on and how you can help.

**Speak Up:** Ask them directly: "Are you thinking about suicide?"

**Be Yourself.** Your voice and manner will show your concern.

**Trust your Gut.** If you feel like someone is struggling, they probably are.

**Be Brave.** No matter how uncomfortable the conversation may be, it's worth it.

**Listen Intently.** Allow them to express their feelings. Let them do most of the talking. Remain non-judgmental.

**Be Sympathetic.** Remain calm, patient and accepting.

**Offer Support.** Let them know you and others are there for them, they are not alone.

**Ensure Safety.** Remove means of harm such as weapons, medications, drugs, alcohol, even access to a car, etc.

**Be Prepared.** Have an action plan for accessing additional support: their EAP, a family member, close friend, etc.

**Seek additional support from family and trusted friends, neighbors, coworkers, a coach or religious leader. You can also reach out to your EAP at anytime. We are here for you around the clock.**

---

**Your EAP is here for you & we can help. Contact us today.**

**800-EAP-4YOU (800-327-4968)**

**TTY:877-492-7341 | EAP4YOU.com**