

# Suicide Risk Recognition:

## Is someone you know struggling?

People who have a higher risk for suicide are at times hard to recognize because they may not want people to be burdened by their struggles. They may display signs of concern in their conversation, behavior or body language. These may be the subtle warning signs that they are thinking of self-harm.

When you observe someone you believe may be at risk, you may be reluctant to speak up. Maybe you fear you will say the wrong thing, fear that you may not have the “right” words to say, or hesitancy to approach the person for fear that you might make things worse.

Managers, supervisors and coworkers, which are often the first to notice a change in an employee, can provide support that could potentially prevent their suicide and get the help that is needed. Just as you would have the courage to help someone having a medical emergency, you too can help someone who may be considering suicide, thoughts of self-harm, depression and/or anxiety.

### You may notice someone showing signs of risk. Some signs include:

- Giving valuable personal items away
- Suggesting the world would be better off without them
- Increased outburst while on duty
- Death/suicide of a close significant other
- Relationship deterioration
- Increased alcohol and drug use or relapse

Your EAP is here for you. There are a variety of ways to connect with us including: by telephone 800-327-7341 (800-EAP-4YOU), TTY: 877-492-7368, online at [EAP4YOU.com](http://EAP4YOU.com), through video, by live chat or text message. Reach out today to learn more.

### If you recognize a risk of suicide in someone, find a private moment and ask the following:

“If you have some time, I would like to take a few moments to sit and talk with you.”

“I’m concerned about you and I’m here to listen. Are there things you would like to talk about?” If they agree to share and they are having thoughts of self-harm, say to them, “I’d like to support you and would like to get some help to do that; can we call the EAP together?”

When a person shares their thoughts of self-harm, stay with them and get help to support them through calling the EAP, their support system and if needed the authorities. It is a decision that may save a life.