



Suicide *Prevention* and Resilience

Suicide is a major health and social concern. During the COVID-19 pandemic, common suicide risk factors (loneliness, increased drinking, helplessness, hopeless, etc.) can be intensified and combined with pandemic related concerns may lead to greater depression and thoughts of self-harm. Frontline and certain essential workers may be at even greater risk due to their continued work and possible exposure to and effects of the pandemic. If you are experiencing several of the below challenges, recognize their seriousness and ask for help.

- Anxiety
- Insomnia
- Job loss
- Chronic stress
- Chronic pain
- Hopelessness
- Helplessness
- Social isolation
- Increased alcohol and drug use
- Stigma from others
- Mental health issues
- Prior suicide attempt
- Loss of loved one to COVID-19
- Ongoing uncertainty
- Post-traumatic stress
- Increased access to firearms
- Loss of routine
- Family problems
- Burdensomeness
- Financial insecurity
- Domestic violence
- Fear of contagion
- Quarantine fatigue
- Survivor guilt

Suicide is preventable. There is always hope. Suicide prevention aims to provide knowledge, identify resources and increase protective factors such as resilience strategies.

Resilience Strategies:

Resilience is a protective factor against suicide risk. Resilience is the ability to adapt well in the face of adversity, it is both a natural and learned skill. Individuals who are more resilient are less likely to experience suicidal thoughts. Building resilience is a key component to suicide prevention. Accepting that there will be changes that need to be made is the first step towards building resilience. Try some of these additional ways to build your resilience and help prevent suicide.

- Stay connected
- Do for others
- Limit media
- Eat healthy
- Exercise
- Practice positivity
- Identify resources
- Instill hope
- Develop goals
- Express gratitude
- Trust your instincts
- Increase patience
- Find ways to relax
- Increase flexibility
- Remain optimistic
- Keep a sense of humor
- Support resilience in others
- Practice sleep hygiene
- Seek assistance as needed
- Keep mentally active

If you want to learn more about suicide prevention and/or building resilience, reach out to your EAP. We have counselors available to assist you 24 hours a day 7 days a week. Give us a call or visit EAP4YOU.com to learn more.