



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.

You Can *Help* Prevent Suicide

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



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