

September is Suicide Awareness Month

Suicide is the 2nd leading cause of death for people ages 10-34 and the 4th leading cause of death for people 35-54. The overall suicide rate in the U.S. has increased by 31% since 2001. ([Mayo Clinic](#))

When someone says he or she is thinking about suicide, or says things that sound as if the person is considering suicide, it can be very upsetting. You may not be sure what to do to help, whether you should take talk of suicide seriously, or if your intervention might make the situation worse. Taking action is always the best choice. Here's what to do.

5 Things You Should Know About Preventing Suicide

1

Everyone can help prevent suicide.

Mental health and suicide can be difficult to talk about - especially with work colleagues - but your actions can make a difference. When you work closely with others, you may sense when something is wrong.

2

Know the warning signs of suicide.

There is no single cause for suicide but there are warning signs. Changes in behavior, mood, or even what they say may signal that someone is at risk. Take these signs seriously. It could save a life.

3

Ask questions.

If you are concerned about a coworker, talk with him or her privately, and listen without judgment. Encourage your coworker to reach out to the Employee Assistance Program (EAP), Human Resources (HR), and/or a mental health professional.

4

If someone is in crisis, stay with them and get help.

If you believe a coworker is at immediate risk of suicide, stay with them until you can get further help. Contact emergency services or the [988 Suicide and Crisis Lifeline](#).

5

Suicide prevention resources are available.

- Call or text the Suicide and Crisis Lifeline at 988.
- Visit the [American Foundation for Suicide Prevention](#) to learn more about suicide risk factors, warning signs, and what you can do to help prevent suicide.