

**SUICIDE
AWARENESS &
PREVENTION****How to *Help* Yourself****Reach Out.**

If you are having a difficult time, speak up and tell someone. Seek help from a family member, a close friend or someone from your inner circle.

Start the Conversation.

You may feel anxious or agitated, that's normal. Find a way to ask for help. No matter how negative or uncomfortable the conversation is, the fact that you are having it is a positive thing.

Be Honest and Direct.

Express your feelings and what you are going through. It is important for others to know the severity of the situation. If you are thinking of harming yourself, be honest about those thoughts. It takes courage to speak up and express your feelings. You are not alone.

Accept Support.

Give your support person the opportunity to help. You are loved and cared about, allow that person to provide some relief for your loneliness.

Don't Isolate Yourself.

You may have a desire to disconnect from others. Don't. If you don't want to reach out to someone you know, there are other options. Many resources are available to intervene, assess and treat the problem.

Know Your Resources.

Crisis lines, counselors, intervention programs and more are available to you. There are a lot of people who want to help you if you give them the opportunity. Your EAP is here for you and we want to help. Reach out at anytime, we are here to take your call and offer assistance 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**



USPS
Employee
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Program

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