

SUICIDE AWARENESS & PREVENTION

Prevention *Through* Connection

The Substance Abuse and Mental Health Services Administration (SAMHSA) along with the Centers for Disease Control (CDC) explain that there are a number of factors that put people at higher or lower risk for suicide, many of which are related to the concept of connectedness. Connectedness is the degree to which an individual or group is socially close, interrelated or shares resources with other individuals or groups. Connectedness occurs within and between individuals, families, schools and other organizations, neighborhoods, cultural groups and society as a whole.

Connect with family: Stop and take a moment to reconnect with those you love. From game nights to weekly dinners, connecting with family and strengthening positive relationships promotes your health and well being.

Connect with friends: The National Alliance on Mental Health (NAMI) shares that it's important to remain connected to social networks. With strong social ties, you are better able to manage the stress in your life.

Connect with co-workers: Having a strong connection with your co-workers makes for a much more enjoyable, productive and positive work day. Plus, building a support system at work creates an environment where struggling co-workers are more easily identified.

Connect with your community: NAMI says community is critical for individuals to thrive, especially those with mental illness, who are already experiencing the common symptoms of loneliness and isolation.

Strong, positive relationships with others can be protective and prevent against suicidal thoughts and behaviors. Connectedness between individuals can lead to increased frequency of social contact, lowered levels of social isolation or loneliness, and an increased number of positive relationships. Stay connected.

Your EAP is here for you & we can help. Contact us today.

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