

**SUICIDE
AWARENESS &
PREVENTION****We Should *Talk* About It**

Suicide is a tough subject. Stigma, shame and misconception make it challenging to understand and difficult to discuss. We are all vulnerable to being hurt by the impact of suicide. It's critical that we talk openly about it to raise awareness, help those impacted, and prevent future incidents.

Suicide is an illness. It is complex, but treatable.

Suicidal thoughts are overwhelming. They can make us believe life is not worth living, that no one cares and nothing will get better. These thoughts are distortions and difficult to battle without support, counseling and/or medication.

If you are having thoughts of harming yourself, start by telling someone.

"I think something is wrong," is a good way to begin. Tell a friend, family member or a professional. Once we begin the conversation, we soon find we are not alone.

If you suspect that someone you know isn't doing well, ask. You may need to ask twice.

Often, the first response to "How are you doing?" is "Fine." If your gut is telling you otherwise, it is important to say something else. "I care about you, and I am concerned. Can we talk about it?"

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

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