

SUICIDE PREVENTION

5 THINGS YOU SHOULD KNOW



Suicide is a leading cause of death among working-age adults in the United States. It deeply impacts workers, families, and communities. Fortunately, like other workplace fatalities, suicides can be prevented. Below are 5 things to know about preventing suicide.



1

BE AWARE

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

PAY ATTENTION

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 someone is at risk. Take these signs seriously. It could save a life.

3

REACH OUT

Ask "Are you okay?"

If you are concerned about a coworker, talk with them privately, and listen without judgment. Encourage them to reach out to your Employee Assistance Program (EAP), the human resources (HR) department, or a mental health professional.

4

TAKE ACTION

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 National Suicide Prevention Lifeline.

5

LEARN MORE

Suicide prevention resources are available

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text "TALK" to 741741.

Visit the American Foundation for Suicide Prevention (www.afsp.org) to learn more about suicide risk factors, warning signs, and what you can do to help prevent suicide.



South Carolina Occupational Safety and Health Administration
Synergy Business Park; Congaree Building
121 Executive Center Dr., Suite 230
Columbia, South Carolina 29210
(803) 896-7665
Office Hours: 8:30am - 5:00pm

