

# Save a Life PREVENT SUICIDE

Suicide is a public health crisis, accounting for one death every 11 minutes, and nearly 46,000 deaths in 2020. You can save a life and contribute to a healthier community by being aware of the warning signs of suicide in colleagues, friends, and loved ones, as well as by supporting others in seeking mental health treatment.

## Possible Warning Signs of Suicide

- Talking about feelings of hopelessness, or lack of desire to live
- Increased usage of alcohol or drugs
- Withdrawal from activity or isolation
- Extreme mood swings
- Speaking of a desire to die or hurt themselves
- Impulsive or reckless behavior
- Depression, or being in a constant state of anxiety or worry
- Saying goodbye to loved ones
- Giving away possessions
- Self harm/injury



## Ways to Help Others

- Ask others how they are feeling or if they are contemplating suicide
- Encourage colleagues to seek professional help and utilize their agency [Employee Assistance Program](#)
- Provide a system of support to let others know they are not alone
- Stay connected and check in regularly
- Provide a listening ear

## Helpful Resources

- [Preventing Suicide: A Technical Package of Policy, Programs and Practices](#)
- [988 Suicide and Crisis Lifeline](#)
- [The American Foundation for Suicide Prevention](#)
- [The National Institute of Mental Health](#)

