SUICIDE PREVENTION IS EVERYONE’S RESPONSIBILITY

WARNING SIGNS
- Isolation or withdrawal
- Preoccupation with death or suicide
- Finalizing personal affairs
- Depressed mood
- Uncharacteristic behavior
- Hopelessness

RISK FACTORS
- Relationship problems
- Witnessing traumatic event
- Substance abuse
- Work and/or family problems
- Significant loss

WHAT YOU CAN DO

IN PERSON
- Ask directly about intent: “Are you thinking about suicide?”
- Care for the person—keep the person safe, do not use force, take steps to remove potential means of self-harm (when safe)
- Escort the person—never leave them alone, find the right means of care/intervention

ON THE PHONE
- Establish a helping relationship
- Quickly express that you are happy the person called
- Listen and do not give advice
- Follow up and ensure the person is evaluated

WHAT NOT TO DO
- Do not minimize the problem
- Don’t stigmatize seeking mental health treatment
- Don’t try to fix the problem
- Don’t make the problem a source of gossip
- Do not delay the necessary referral

GET HELP. ANYTIME. DAY OR NIGHT.

- **NATIONAL SUICIDE PREVENTION LINE**
  1-800-273-TALK (8255) OR HTTPS://SUICIDEPREVENTIONLIFELINE.ORG
  OR TEXT HELLO TO 741741

- **NATIONAL HELPLINE**: 1-800-662-4375

- **DISASTER DISTRESS HELPLINE**: 1-800-985-5990

**EMPLOYEE ASSISTANCE PROGRAM (EAP)**
- Region 1, 6, and PNW: ESPY/EAP Consultants: 800-869-0276
- Region 3: Check with your local office
- Region 4: COMPSYCH: 888-290-4327
- All Other Units: FOH at 800-222-0364

JCCGS and WD detached/virtual employees are to use the services where they are geographically aligned.

**SUICIDE PREVENTION TOOLKIT**: HTTPS://WWW.FS.USDA.GOV/RMRS/SUICIDE-AWARENESS-TOOL-BOX