

# HELP SOMEONE

If someone you know is struggling emotionally or having a hard time, you can be the difference in getting them the help they need. It's important to take care of yourself when you are supporting someone through a difficult time, as this may stir up difficult emotions. If it does, please reach out for support yourself.

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| <b>Hope Can Happen</b><br>Suicide is not inevitable for anyone. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives. | <b>We Can All Take Action</b><br>Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others. | <b>Crisis Centers are Critical</b><br>By offering immediate counseling to everyone that may need it, local crisis centers provide invaluable support at critical times and connect individuals to local services. |
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**Ask:** Research shows people who are having thoughts of suicide feel relief when someone asks them in a caring way. Findings suggest acknowledging and talking about suicide may reduce suicidal thoughts.

**Keep Them Safe:** A number of studies have indicated that when lethal means are made less available or less deadly, suicide rates by that method decline, and frequently suicide rates overall decline.

**Be There:** Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to someone who listens without judgment.

**Help Them Connect:** Studies indicate that helping someone at risk creates a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

**Follow Up:** Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.



## WHAT IF IT IS YOU? Should I Call The Lifeline?

No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support, call the Lifeline.

People call to talk about lots of things: substance abuse, economic worries, relationships, sexual identity, getting over abuse, depression, mental and physical illness, and loneliness, to name a few.

**Talking with someone about your thoughts and feelings can save your life.**

Call the Lifeline Anytime, 24/7  
 **1-800-273-8255**



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SCAN QR TO CHAT



## CRISIS STRATEGY PLAN FOR CONTRACTORS

### SUICIDE PREVENTION AWARENESS



- GET HELP • LEARN • GET INVOLVED
- PROVIDERS & PROFESSIONALS



This pocket brochure designed by IMPACT with content from the [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org) website and [nbcnews.com](http://nbcnews.com) for member information purposes only.

Disclaimer: "Inclusion of SAMHSA content does not constitute or imply endorsement or recommendation by the Substance Abuse and Mental Health Services Administration, the U.S. Department of Health and Human Services, or the U.S. Government.

## KNOW THE WARNING SIGNS

Some warning signs may help you determine if an employee is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change. If you or someone you know exhibits any of these, seek help by calling the Lifeline **1-800-273-8255**.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online/buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings
- Increased tardiness and absenteeism
- Near hits, incidents, and injuries
- Decreased productivity

## KNOW THE RISK FACTORS

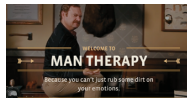
Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
  - Alcohol and other substance use disorders
  - Hopelessness
  - Impulsive and/or aggressive tendencies
  - History of trauma or abuse
  - Major physical illnesses
  - Previous suicide attempt(s)
  - Family history of suicide
  - Job or financial loss
  - Loss of relationship(s)
  - Easy access to lethal means
  - Local clusters of suicide
  - Lack of social support and sense of isolation
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- Stigma associated with asking for help
  - Lack of healthcare, especially mental health and substance abuse treatment
  - Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
  - Exposure to others who have died by suicide (in real life or via the media and Internet)

### ADDITIONAL ONLINE RESOURCES:



[preventconstruction suicide.com](http://preventconstruction suicide.com)

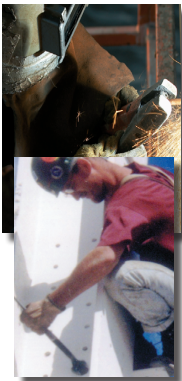


[www.mantherapy.org](http://www.mantherapy.org)



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FOR MORE INFO

## Construction workers lead in U.S. suicide rates, CDC finds\*



"Increasing suicide rates in the U.S. are a concerning trend that represent a tragedy for families and communities and impact the American workforce," said Dr. Debra Houry, director of CDC's National Center for Injury Prevention and Control. "Knowing who is at greater risk for suicide can help save lives through focused prevention efforts."

\*nbcnews.com Nov. 15, 2018

Scan this QR code to read more about the report that nbcnews.com has online.

