



# Know What to Do for Suicide Prevention

In life, there are times when our loved ones, colleagues, or even we ourselves may face struggles. Sometimes, even temporary problems cause despair and large problems may seem overwhelming. There are times when any one of us may need help. Awareness of some facts about suicide and always taking prompt action may make the difference and save a life. Signs that we or someone we care about are in emotional distress may include:

- Withdrawal and isolation from family and friends
- Obtaining a weapon when depressed
- Giving away prized possessions
- Talking about death often
- Making statements such as, "There's nothing left for me to live for"

## KNOW WHO

Suicidal thoughts do not discriminate. Males or females of any age, ethnicity, educational level, or financial status can experience suicidal thoughts. However, risk factors include those with a family history of suicide, mental disorders, substance abuse, or prior suicide attempts. Pay attention to those who talk of harming themselves. This is often a sign that someone is considering the option of suicide and not typically a cry for attention.

## KNOW HOW

Do not be afraid to ask directly, "Are you thinking of harming yourself?" Encourage the person in distress to seek immediate help. Talk therapy can be helpful but sometimes a person who is suicidal needs to be assessed for inpatient care and treatment. If in doubt, call 800-327-4968 (TTY: 877-492-7341). There are counselors available 24 hours a day, 7 days a week to assist with questions and guide you to resources.

## WHAT TO DO

If someone you know is considering suicide, DO NOT LEAVE THEM ALONE! Remove any potential tools for self-harm, including medications, and seek immediate help. This may mean taking them to an emergency room or calling 911 for local assistance.

**Make the Call!**

USPS Employee Assistance Program  
**1-800-327-4968**  
(1-800-EAP-4-YOU) TTY: 1-877-492-7341  
[www.EAP4YOU.com](http://www.EAP4YOU.com)