

# SUICIDE PREVENTION IS EVERYONE'S RESPONSIBILITY

## WARNING SIGNS

ISOLATION OR WITHDRAWAL  
PREOCCUPATION WITH DEATH  
DEPRESSED MOOD

FINALIZING PERSONAL AFFAIRS  
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

**A** ASK DIRECTLY ABOUT INTENT: "ARE YOU THINKING ABOUT SUICIDE?"

**C** CARE FOR THE PERSON—KEEP THE PERSON SAFE, DO NOT USE FORCE, TAKE STEPS TO REMOVE POTENTIAL MEANS OF SELF-HARM (WHEN SAFE)

**E** 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  
DO NOT 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](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: ESPYR/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

JCCCS AND WO 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](https://www.fs.usda.gov/rmrs/suicide-awareness-tool-box)

