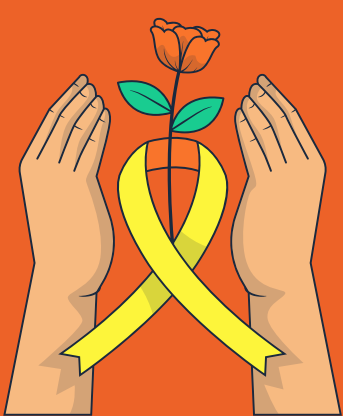




SUICIDE RISK FACTORS

Be in the Know...

9

RISK FACTORS

1. Substance abuse
2. Change in health
3. Job or financial loss
4. Loss of relationship
5. Prior suicide attempts
6. Family history of suicide
7. Access to lethal means
8. History of abuse or neglect
9. Recent psychiatric hospitalization



ACTIVE LISTENING

IS

- Giving your full attention
- Acknowledging emotions
- Validating feelings
- Reflecting and summarizing
- Asking clarifying questions

- Judgement
- Offering false hope
- Providing therapy
- Problem solving for others

NOT

DARE TO INTRUDE

Are you thinking
about killing
yourself?



And if so...
Do you have a plan?



SAFETY PLAN

- Do not leave a person at high risk alone
- Ensure there is a list of appropriate emergency contacts (spouse, family)
- Know how to find emergency resources
- If you are concerned about a friend or loved one, prioritize safety and contact 911 or local police for a well-check

Ulliance
Enhancing People. Improving Business.

Life Advisor Employee Assistance Program:
800.448.8236

National Suicide Prevention Lifeline:
Call or Text
800.273.8255 or 988