

SUPPORTING A SUICIDAL COLLEAGUE...

WARNING SIGNS & NEXT STEPS



Supporting a suicidal colleague takes empathy and awareness. Spotting warning signs and responding calmly can be crucial in guiding them to the necessary help.

42.4%
ADULTS



From OCT-NOV of 2023 more than two in five adults (42.4%) knew someone who had died by suicide.

Over 49,000 people died by suicide in 2023. That is one death every 11 minutes.



Suicide Data and Statistics |
Suicide Prevention | CDC

RECOGNIZING WARNING SIGNS

Supporting a colleague with suicidal thoughts takes empathy and awareness. Recognizing the signs and responding appropriately can help guide them to the support they need.



BEHAVIORAL CHANGES

Noticeable withdrawal from social interactions, decreased productivity, or uncharacteristic absenteeism.



EMOTIONAL INDICATORS

Expressions of hopelessness, severe mood swings, or increased irritability.



VERBAL CUES

Statements like "I can't go on," "Life is meaningless," or "Everyone would be better off without me."

4 ESSENTIAL STEPS TO TAKE



1 Time & Place

Find a private, comfortable space to have an uninterrupted conversation.



2 Have Empathy

Use "I" statements like: "I've noticed you seem down, and I'm concerned."



3 Really Listen

Let them speak freely, without interruption showing compassion and understanding.



4 Non-Judgement

Don't minimize their feelings or give unwanted advice—just listen with empathy.

Contact Ulliance for assistance with free, confidential support and resources.

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