



SUICIDE PREVENTION

**PRESENTED BY YOUR EMPLOYEE ASSISTANCE
AND WORKLIFE PROGRAMS**

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Federal
Occupational
Health

OBJECTIVES

- Discuss the importance of suicide prevention
- Review prevalence, risks, and protective factors
- Identify warning signs
- Know when to seek immediate help
- Highlight the significance of conversations

INTRODUCTION

**Preventing
suicide is
everyone's
responsibility**

- Improved public education and increased awareness promote early detection and intervention
- Prevention saves lives by encouraging early support
- Education reduces stigma
- Prevention builds stronger communities
- Small actions matter

SECTION 1

PREVALENCE, RISKS, AND PROTECTIVE FACTORS

PREVALENCE



Suicide is a widespread public health issue, not an isolated problem



Suicide is one of the leading causes of death in several age groups



It affects people of all backgrounds, cultures, and communities



Rates can vary based on factors like region, age, gender, and access to mental health care

RISK FACTORS



History of mental health conditions



Social isolation or lack of support



Previous suicide attempts



Family history of suicide or mental illness



Substance misuse (alcohol or drugs)



Access to lethal means (such as firearms or medications)



Major life stressors, like the loss of a loved one or job, or legal problems



Experiencing abuse, trauma, or violence



Chronic illness, pain, or disability



Feeling hopeless, trapped, or like a burden to others

PROTECTIVE FACTORS



Strong connections with family, friends, and community



Supportive relationships at work, school, or in peer groups



Access to mental health care and support services



Engagement in activities that bring meaning and fulfillment



Skills in problem-solving and coping with stress



Knowledge of resources like hotlines and crisis services



Feeling a sense of purpose and belonging



Encouragement to seek help when struggling

SECTION 2

WARNING SIGNS

WARNING SIGNS

Talking about wanting to die

Expressing feelings of hopelessness, worthlessness, or having no reason to live

Withdrawing from friends, family, and society; isolating

Increased use of alcohol or drugs

Drastic mood changes

Giving away prized possessions or saying goodbye to loved ones

Talking about feeling trapped or being a burden to others

Engaging in risky or self-destructive behaviors

PRIORITY WARNING SIGNS

Talking about wanting to die or expressing a desire to kill themselves

Seeking out ways to kill themselves, such as researching methods or acquiring dangerous items

Talking about having no reason to live

Expressing unbearable emotional pain

Increased use of alcohol or drugs

Giving away possessions or saying goodbye to people in a final way

Exhibiting reckless behavior or engaging in self-harm

IMMEDIATE RESPONSE

The primary difference between 911 and 988 lies in the type of emergencies they address

911 For situations involving immediate threats to health, safety, or life

Use to request emergency services that require urgent attention:

Accidents

Fires

Crimes

Medical emergencies

988 For mental health emergencies

Use when someone is in emotional distress, experiencing suicidal thoughts, or undergoing a mental health crisis

SECTION 3

THE SIGNIFICANCE OF CONVERSATIONS

WHY CONVERSATIONS ARE IMPORTANT

Talking openly about suicide:



Reduces stigma



Promotes prevention



Encourages help-seeking behavior



Provides connection



Increases awareness

TALKING WITH SOMEONE WHO MAY BE IN CRISIS



Create a safe space without judgment



Be direct, but gentle



Listen without interrupting



Empathize and acknowledge their pain



Assess the seriousness



Offer support, not solutions



Know when to reach out for professional help



Follow up

SUMMARY



- Suicide prevention is everyone's responsibility
- Know the prevalence
 - Suicide affects people across all backgrounds and remains a leading cause of death in many age groups
- Recognize risk factors and strengthen protective factors
- Watch for warning signs
 - In emergencies, know when and whom to call for immediate life-threatening situations
- Have conversations that reduce stigma, offer connection, and encourage help-seeking

RESOURCES

Crisis Intervention

- 988 Suicide & Crisis Lifeline
 - Call or text 988
 - » Veterans: Dial 988, then press 1
 - 988lifeline.org
- Crisis Text Line
 - Text HOME to 741741 to connect with a trained counselor 24/7
- SAMHSA's National Helpline
 - Call 1-800-662-HELP (4357)

Prevention Information

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](https://www.samhsa.gov)
- [National Institute of Mental Health \(NIMH\)](https://www.nimh.nih.gov)
- [September is Suicide Prevention Awareness Month](https://www.suicideline.org)

Supporting Others

- [5 Action Steps](#)
- [Helping Someone Else](#)
- [Navigating a Mental Health Crisis](#)

THANK YOU



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