

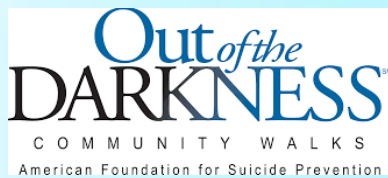
# National Suicide Awareness Month

September  
2019

A suicide is a tragic event that shocks and devastates families, friends, classmates and co-workers. No one wants to think it could affect them; however, at some point in your life, you may become concerned about someone you care about having suicidal thoughts. This information may help you understand the issue better and how you can help.



Depression is the most common mood disorder associated with suicide.



Out of the Darkness Toledo Walk  
October, 5 2019

## WAYS TO HELP

- Be available.
- Ask if he/she is thinking about suicide.
- Be direct. If you are concerned, go with your instincts.
- Don't be sworn to secrecy — get help if needed.
- TAKE ACTION IF NEEDED.

*Being wrong might be embarrassing...  
BEING RIGHT COULD SAVE A LIFE!*

Are you or someone you care about at risk of suicide?

If so, get help immediately.

- Call 911.
- Call a suicide hotline.
- Call someone to be with you/them.
- Call a mental health professional.

Suicide can and does happen in ALL age, economic, social, and ethnic groups.

Get help from a mental health professional, such as your Employee Assistance Program, if you hear or see someone do any of the following:

- Threatening or talking about hurting or killing themselves.
- Looking for ways to kill themselves by seeking access to firearms, pills, or other means.
- Talking or writing about death, dying, or suicide.



National Suicide  
Prevention Lifeline  
1-800-273-8255 (TALK)  
You can call for yourself or  
for someone you are  
concerned about.

Information brought to you by your EAP:  
StressCare Behavioral Health EAP  
**419-531-3500**