

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

Date: October 2022

Suicide Awareness – Part 4 “Refer to Help”

Suicidal people often believe they cannot be helped, so you may have to do more. As you have questioned suicidal intent and persuaded an individual to live, you would lastly refer them to help or gain a good faith commitment not to attempt suicide while you follow through on the survival crisis, helping them get help.

- The **best** referral involves taking the person directly to someone that can help. A counselor, a physician, or a clergy can be viable options to refer to.
- The **next best** referral is getting a commitment from them to accept help, and them helping them make the arrangements to get that help.
- The **third best** referral is to give referral information and try to get a good faith commitment not to attempt suicide.

Sometimes counseling and physician treatment may not be available, or the person will simply never go to a mental health or other professional. While this may be true, it is still important to get others involved. Ask the person who else in their social circle or family can help. Who is their “Go To” person in construction? Who is the “Go To” person in their life? Join a team involving family and friends. Offer to work with clergy, therapists, or whomever is providing the counseling or treatment.

HEALTHY OR SAFETY REMINDER: There are various avenues for resources to refer. Clergy, therapists, and psychiatrists can provide counseling or treatment. Family, friends, pastors, priests, and physicians can also be involved. Additional resources can also be found just by Googling “Suicide”.

National Suicide Prevention Lifeline:

1-800-273-8255

Crisis Text Line Crisis Counselor:

Text GO to 741741

If someone opens up to you, stay in touch with them. Don’t treat them like a hot potato by just passing them on to the next person. Follow up with a visit, a phone call, a card, or in whatever way feels comfortable to you. Let the person know you care about what happens to them. Caring may save a life!

Discussion Points/Quiz Questions:

1. To tie it all together, after spotting signs of crisis, question intent, and when intent is confirmed, refer to team.
2. Many unions have an EAP, or Employee Assistance Program that offers resources as well. Check with your Union.
3. Remember, the best referral involves taking the employee directly, but gaining commitment can also be effective.