

Tools for Life – Weekly Health & Safety Meeting



Home Healthy - Home Safe

Date: May 2023

Suicide Awareness

Suicide is a leading cause of death among working age adults in the United States. It deeply impacts workers, families, and communities. Fortunately, suicides can be prevented. Unfortunately, not all suicides are preventable. If you are a survivor of suicide, know that some warning signs are never there. In the event someone may be providing behavior cues or signs, below are 5 things that may help someone who is in emotional distress who may be considering suicide.

1. **BE AWARE** –Mental health and suicide can be difficult to talk about, especially with work colleagues, but your actions can make a difference. When you work closely with others, you may sense when something is wrong. If you are noticing something different, taking the time to ask if someone is feeling ok may be all it takes to show them that you care.
2. **PAY ATTENTION** – Having knowledge of the warning signs may help you notice them if they are being shown. There is no single cause for suicide but sometimes there are warning signs. Changes in behavior, mood, or even what they say may signal someone is at risk. Take these signs seriously. It could save a life.
3. **REACH OUT**- Ask, are you okay? If you are concerned about a coworker, talk with them privately, and listen without judgement. Encourage them to reach out to your Employee Assistance Program (EAP) or an Apollo QPR trained coworker, the human resources (HR) department, or a mental health professional.
4. **TAKE ACTION**- If someone is in crisis, stay with them and get help. If you believe a coworker is at immediate risk of suicide, stay with them until you can get further help. Contact emergency services or the [Suicide and Crisis Lifeline 988](#), or the [Crisis Text line – Text HELLO to 741741](#).
5. **LEARN MORE**- Suicide prevention resources are available. Visit the American Foundation for Suicide Prevention (www.afsp.org) to learn more about suicide risk factors, warning signs, and what you can do to help prevent suicide. Talk with your Apollo Safety contact and get signed up for the Apollo QPR training.

HEALTHY OR SAFETY REMINDER: Question Persuade Refer (QPR) is the program Apollo has chosen to educate volunteers on how bring awareness and hopefully prevention to suicide in our industry. QPR gives an individual the skills to possibly recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. It is the foundation of the Apollo **SPACE** program. Do you have what it takes to be a Moonwalker?

Discussion Points/Quiz Questions:

1. Can you help prevent suicide, and how?
2. What would you do if you think a coworker, friend or family member is in crisis?
3. What is the Apollo training that's available?