

What workplaces can do to prevent suicide

1. BUILD A BETTER WORKPLACE

Develop a proactive, prompt and consistent approach to work-related problems. Doing so helps employees feel safe, protected, and able to perform at their best.

2. REWARD MENTAL WELLNESS

Optimal mental health is equally important to good physical health. Encourage employees to set goals and create a plan for how they would improve their overall wellness. Then ask them to identify any work-related barriers that might be obstacles to mental wellness goals.


3. INTERVENE AND EDUCATE


Offer and promote an [employee assistance program](#) (EAP) to your workers. Host educational programs on mental illness, such as “lunch-and-learn” sessions that increase awareness about the signs and symptoms of depression, bipolar disorder, alcohol dependence, and other mental illnesses that can lead to suicide.


September is Suicide Awareness & Prevention Month

U.S. SUICIDE FACTS

 **15 minutes**
Someone dies by suicide every quarter hour

 **10th**
Suicide is the tenth leading cause of death

 **45-54**
Rate of suicide is highest in middle-aged people

 **\$44B**
The annual cost of suicide is \$44 billion



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Source <https://afsp.org/>