



Suicide Prevention Resource Guide



Know the facts

Suicide Prevention

Suicide is a leading cause of death in the United States and a major public health concern. When a person dies by suicide, the effects are felt by family, friends, and communities. This brochure can help you, a friend, or a family member learn more about the warning signs of suicide, ways to help prevent suicide, and effective treatment options.

If you or someone you know is in crisis:

Call or text the Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org. The Lifeline provides free and confidential support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States.

Call 911 in life-threatening situations.

What are the warning signs of suicide?



Warning signs that someone may be at immediate risk for attempting suicide include:

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, such as making a will
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often

Other serious warning signs that someone may be at risk for attempting suicide include:

- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Making a plan or looking for ways to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
- Talking about feeling great guilt or shame
- Using alcohol or drugs more often
- Acting anxious or agitated
- Changing eating or sleeping habits



What are the warning signs of suicide?

People of all genders, ages, and ethnicities can be at risk for suicide.

The main risk factors for suicide are:

- A history of suicide attempts
- Depression, other mental disorders, or substance use disorder
- Chronic pain
- Family history of a mental disorder or substance use
- Exposure to family violence, including physical or sexual abuse
- Presence of guns or other firearms in the home
- Having recently been released from prison or jail
- Exposure, either directly or indirectly, to others' suicidal behavior, such as that of family members, peers, or celebrities

Many people who have risk factors for suicide will not attempt suicide, and it is difficult to tell who will act on suicidal thoughts.



Take action

5 Action Steps to Take this Suicide Prevention Month

Preventing suicide requires action.

Everyone can DO something to get involved in the suicide prevention movement.



Learn

Take a few minutes to learn the warning signs, risk factors, and protective factors of suicide.



Connect

Reach out to friends, family, or colleagues—especially those who seem distant or overwhelmed.



Listen

Just listening without judgment can be a life-changing support.



Know

How to find help and support for yourself and others who may be suicidal.



Share

Normalize conversations about mental health, emotions, and getting help. Speak up about your own experiences if you feel comfortable—it helps others feel less alone.

5 action steps managers can take this suicide prevention month



Learn



to recognize the warning signs, such as changes in behavior, mood, or performance that may signal distress. Take time to review: [When an Employee May Be At Risk for Suicide](#)

Know



how to respond

- Follow your organization's standard procedures.
- Call 911 if an employee is in immediate danger or you believe they cannot keep themselves safe.
- Call the EAP if the employee is struggling but not in immediate danger or crisis, and you need support or guidance on next steps.

Connect



with your team and create a supportive work culture where mental health discussions are normalized, stigma is reduced, and employees feel safe seeking help.

Share



resources. Ensure team members know about the EAP, mental health benefits, crisis hotlines (988 Suicide & Crisis Lifeline), and how to access these confidential services.

Resources



TELUS Health One Suicide Prevention Toolkit

988 Suicide & Crisis Lifeline, formerly known as the National Suicide Prevention Lifeline, by dialing **988** for confidential support. If you're hearing- or speech-impaired, [click here](#) for online chat.

Crisis Text Line: Text "HOME" to 741741 for free 24/7 support via text for those in crisis.

Teen Line: Call 310-855-4673, or text "TEEN" to 839863 for crisis help for teenagers.

The Trevor Program: Call 1-866-488-7386 for suicide and crisis prevention services for LGBTQ+ youth.

Veterans Crisis Line: Call 1-800-273-8255 and press 1.