



# Suicide Toolkit

We are Here to Help.

*Having thoughts of suicide is not unusual, uncommon, or anything to be ashamed of. Many people go through periods of their lives where they are impacted by passive suicidal thoughts or intense suicidal moments. There is support available, and you can recover and live a fulfilling, happy, and satisfying life. Getting help is critical. Various types of support make a difference in getting through.*



## IMMEDIATE ATTENTION

**If you or someone close to you are having intense suicidal thoughts, have taken any suicidal actions, or have hurt yourself, call 911 immediately.**

**If you are unwilling to, please contact crisis and suicide prevention lifeline at 988 or text “SAVE” to the crisis text line at 741741.**

### Remove access to lethal or dangerous items

If you (or someone close to you) are not in imminent or critical danger, but you are having general or passive suicidal thoughts, it's important to control your environment. Remove items that can be dangerous such as knives, firearms, or medications. Ask a friend or family to help you dose out medications in a controlled manner until you feel better.

### Understand your triggers

There might or might not be triggers that make suicidal thoughts rise. If you have noticed any specific triggers, then avoid them or talk with a professional about how to have coping mechanisms if you cannot avoid the triggers.

### Learn what might be happening

Finding out information about depression, mental illness, and suicide can help. We have provided some information in this toolkit, but there is an abundance of resources available. We have included some on the following pages.

### Seek help and support

There are multiple options for finding support. You can talk to someone you know well, or you can talk to a professional you do not have a personal relationship with who will keep your information confidential. Options include:

- Family member
- Friend
- Crisis Counselor (988, through a local crisis center, or call Uprise Health)
- Primary Care Doctor
- Therapist (call Uprise Health for options)
- Teacher or Educator
- Church Leader
- Community Leader
- Support Group
- Online Peer Support (call Uprise Health for options)



## Educational and Awareness Information

### What is suicidal ideation

Having thoughts of taking your own life is frequently a tragic reaction to stressful situations (such as a breakup, the death of a loved one, military service, financial problems, physical abuse, sexual abuse, hostile response to being LGBTQ+, or many other stressful life situations) or a symptom of an underlying mental illness or health concern (such as substance use disorder, chronic pain, major depression, post-traumatic stress disorder, or bipolar disorder).

### Symptoms of depression

Depression is one possible underlying cause of suicidal thoughts. Symptoms vary from person to person, but they commonly include:

- Sadness or emptiness
- Hopelessness
- Feelings of worthlessness
- Irritability and anger
- Tiredness
- Loss of pleasure in activities that used to bring pleasure
- Difficulty concentrating, remembering, or processing
- Thoughts of death or suicide

If you are experiencing these symptoms, reach out and talk to a healthcare professional or support person.

### Warning signs of suicide

- Talking or thinking about dying or wanting to be dead
- Talking or thinking about feeling empty, hopelessness, or worthlessness
- Mentioning guilt or shame regularly
- Talking or thinking about not having a reason to live or that people would be better off without you
- Social isolation
- Giving away personal items
- Saying goodbye to people around you
- Major changes in behavior
- Sudden interest in lethal means (purchasing a gun or specific medication)

### Informational Resources

[CDC Suicide Prevention Information](#)

[SAMHSA Preventing Suicide](#)

[AFSP Suicide Prevention Resources](#)



If you are having suicidal thoughts or are worried that a friend or a loved one is, there are multiple lifelines that you can call for support. No matter what you are dealing with, if you need emotional support, these resources are here for you.

## Immediate Support Lines

### **Anyone: Dial 988**

This is a national lifeline that is free, confidential, and available for everyone. When you call, you will hear a recorded message then hold music. A skilled crisis support person will answer, listen to you, provide support, and share resources.

### **Anyone: Text 741741**

This is a text line that connects you with a crisis counselor. If you are struggling with social interactions, texting can be a great alternative to the national lifeline. This provides a simple, direct, and controllable way to talk through what you are feeling.

### **LGBTQ+ Specific: Text 678678 or call 1-866-488-7386**

The Trevor Lifeline is a phone line or text line providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer, and questioning young people under 25. Sometimes, it helps to talk to people who have had experience with the same issues you are experiencing.

### **Veterans: Call 1-800-273-8255 or Text 838255**

The Veterans Crisis Line is a free, confidential phone line and text line available to anyone, but the support team are specifically trained, and experienced helping veterans of all ages find support. Many responders are veterans themselves.

## Comprehensive Resource Information

### [Suicide Prevention Resource Center](#)

There are over 1,000 resources in this online library including fact sheets, presentations, templates, recommendations, and reports all covering topics related to suicide prevention, awareness, and support.

### [Zero Suicide](#)

This is a movement and toolkit aimed at dramatically lowering (or even fully preventing) all suicides with systems dedicated to improving patient safety and providing specific suicide care.

### [Action Alliance Community Resources](#)

This hub provides specific prevention strategies using community-based efforts. They provide a roadmap for multiple community types including faith-based, workplace, American Indian/Alaska Native populations, military veterans, juvenile justice, and sports.

### [Support After Suicide](#)

SAVE provides information for people who have had someone in their life commit suicide. Losing someone by suicide is incredibly difficult and can be very isolating. This is a comprehensive list of information and resources specifically to help in this situation.



## Friends & Family Can Help After a Traumatic Event

### Help Them Support You

Your friends and family can offer you support after experiencing a traumatic event. They will be very concerned about you, and you can help them support you by letting them know how you are feeling. Even though they care, they didn't experience the trauma with you. It's okay to remind them about your experience and ask them to be patient as you recover. This will help them help you. Share this toolkit with them so they know what to expect and how they can offer support as you need it.

### Explain Your Feelings

Tell your friends and family you have gone through a traumatic experience. Let them know that you will need their support and understanding to cope and recover, and that it may be weeks, or even months, before the effects of this experience have diminished. Also let them know you may be experiencing some of the following feelings and behaviors:

- Increased anxiety or fear
- Short temper or irritability
- Nightmares and sleep problems
- Confusion and/or short term memory loss
- Difficulty making decisions
- Fear of being alone
- Physical aches and pains
- Tendency to withdraw

### Tell Friends & Family How They Can Help

"I might be feeling or acting differently for a while. Here are some ways you can help when I'm struggling:"

- Be patient - don't just tell me to think positive
- Listen and try to understand my feelings
- Ask how you can help
- Temporarily take over some of my responsibilities
- Help me feel safe again: *(Drive me to work, help me feel safe by installing new safety precautions at home such as door locks, run errands with me, or just spend some extra time with me.)*

**A traumatic event can trigger memories of other unrelated traumas, such as an illness, injury, or the past death of a loved one.** If you are having other traumatic memories, tell someone. Your friends and family can only help if they know what you are dealing with. So if your feelings or behaviors are changing or getting worse, let someone know so they can support your needs.

If you don't feel comfortable talking to your friends and family, or if you need more help than they can offer, you should **reach out to professionals by calling the EAP.**

## 21 Things You Can Do While You're Living Through a Traumatic Experience

1. Take immediate action to ensure your safety and the safety of others. If it's possible, remove yourself from the event/scene in order to avoid further traumatic exposure.
2. Address your acute medical needs (e.g., If you're having difficulty breathing, experiencing chest pains or palpitations, seek immediate medical attention).
3. Find a safe place that offers shelter, water, food, and sanitation.
4. Become aware of how the event is affecting you (i.e., your feelings, thoughts, actions, and your physical and spiritual reactions).
5. Know that your reactions are normal responses to an abnormal event. You are not "losing it" or "going crazy."
6. Speak with your physician or healthcare provider and make him/her aware of what has happened to you.
7. Be aware of how you're holding-up when there are children around you. Children will take their cues from the adults around them.
8. Try to obtain information. Knowing the facts about what has happened will help you to keep functioning.
9. If possible, surround yourself with family and loved ones. Realize that the event could be affecting them, too.
10. Tell your story. And, allow yourself to feel. It's okay not to be okay during a traumatic experience.
11. You may experience a desire to withdraw and isolate, causing a strain on significant others. Resist the urge to shut down and retreat into your own world.
12. Traumatic stress may compromise your ability to think clearly. If you find it difficult to concentrate when someone is speaking to you, focus on the specific words they are saying and work to actively listen. Slow down the conversation and try repeating what you have just heard.
13. Don't make important decisions when you're feeling overwhelmed. Allow trusted family members or friends to assist you with necessary decision-making.
14. If stress is causing you to react physically, use controlled breathing techniques to stabilize yourself. Take a slow deep breath by inhaling through your nose, hold your breath for 5 seconds and then exhale through your mouth. Upon exhalation, think the words "relax," "let go," or "I'm handling this." Repeat this process several times.
15. Realize that repetitive thinking and sleep difficulties are normal reactions. Don't fight the sleep difficulty. Try the following: Eliminate caffeine 4 hours prior to your bedtime, create the best sleep environment you can, consider taking a few moments before turning out the lights to write down your thoughts thus emptying your mind.
16. Give yourself permission to rest, relax, and engage in non-threatening activity. Read, listen to music, consider taking a warm bath, etc.
17. Physical exercise may help to dissipate the stress energy that has been generated by your experience. Take a walk, ride a bike, or swim.
18. Create a journal. Writing about your experience may help to expose yourself to painful thoughts and feelings and, ultimately, enable you to assimilate your experience.
19. If you find that your experience is too powerful, allow yourself the advantage of professional and/or spiritual guidance, support, and education.
20. Try to maintain your schedule. Traumatic events will disrupt the sense of normalcy. We are all creatures of habit. By maintaining our routines, we can maintain a sense of control at a time when circumstances may lead us to feel a loss of control.
21. Crises present opportunities. Cultivate a mission and purpose. Seize the energy from your experience and use it to propel you to set realistic goals, make decisions, and take action.

Source: American Academy of Experts in Traumatic Stress



## We Are Here to Help

EAP benefits are available to all employees and their families at NO COST to you. The EAP offers confidential advice, support, and practical solutions to help you through your grief and loss. You can access these confidential services by calling the toll-free number below and speaking with our care team or accessing online.

### Short-Term Counseling

For a deeper level of support, members can request short-term counseling by calling Uprise Health. Our nationwide provider network of more than 60,000 counselors can be filtered by criteria including geography, clinical specialty, cultural background, and other preferences, to ensure a perfect fit for you. After speaking with our care team, you will be provided with a list of providers. You can schedule an appointment yourself or ask the care team for assistance scheduling.

### 24-hour Crisis Support

During business hours, members who are in crisis are connected with an Uprise Health clinician who will stabilize your situation and refer you to appropriate support. After-hours calls are answered by behavioral health professionals located within the U.S. If you are in life threatening situation, please call 9-1-1 as you would do for any other medical/life emergency.

### Online Peer Support Groups

As part of your EAP program, you can request up to 10 online peer support groups where you will have a safe and confidential place to speak with others who have similar issues. Please call Uprise Health and speak with our care team to learn more about the Grief and Loss support group.



#### Contact Uprise Health

Call: 1-800-395-1616

Visit: [members.uprisehealth.com](https://members.uprisehealth.com)