

# Helping Hands June

Everyone has a role to play in preventing suicide. For instance, faith communities can work to prevent suicide simply by helping people navigate the struggles of life to find a reasonable sense of hope, meaning, and purpose in addition to encouraging individuals to engage professional health-care.

Living around one to suicide can be profoundly painful for family and friends. [Suicide Prevention Resource Center](#) helps you explore best local and national organizations, websites, and other resources that provide support, training, and a sense of community.

## Help for You

Talking with someone about your thoughts and feelings can save your life. There are steps you can take to keep yourself safe through a crisis. Call or text 988 any time or chat online with [988 Suicide & Crisis Lifeline](#) to get appropriate first resources.

- Finding a therapist or support group
- Building and using a support network
- Making a safety plan for yourself

## Help for Someone You Know

Learn how to recognize the warning signs when someone's at risk—and what [988 Suicide & Crisis Lifeline](#) can help. If you believe someone may be in danger of suicide:

- Call or text [988](#) to reach the [988 Suicide & Crisis Lifeline](#) to talk to a caring professional.
- Ask them if they are thinking about taking medication. This will help put the idea into their head or make it more likely that they will attempt suicide.
- Listen without judging and show you care.
- Stay with the person or make sure the person is in a private, secure place with another caring person until you can get further help.
- Remove any objects that could be used in a suicide attempt.

## Subtle Warning Signs for Adults

This is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or



# HELPING HANDS



## What We Know About Suicide in the U.S.

(excerpts from samsha.gov)

Suicide touches whole communities. Each person who dies by suicide leaves behind people who knew that person, along with the impact of suicide and the bereavement that follows.

Everyone has a role to play in preventing suicide. For instance, faith communities can work to prevent suicide simply by helping people navigate the struggles of life to find a sustainable sense of hope, meaning, and purpose in addition to encouraging individuals to engage in behavioral health care.

Losing a loved one to suicide can be profoundly painful for family and friends. [SAMHSA's Suicide Prevention Resource Center](#) helps loss survivors find local and national [organizations, websites, and other resources that provide support, healing, and a sense of community.](#)

### Help for You

Talking with someone about your thoughts and feelings can save your life. There are steps you can take to keep yourself safe through a crisis. Call or text [988](#) any time or [chat online](#) with the [988 Suicide & Crisis Lifeline](#) to get support also find resources on:

- Finding a therapist/support group
- Building and using a support network
- Making a safety plan for yourself

### Help for Someone You Know

Learn how to recognize the warning signs when someone's at risk—and what [action steps you can take](#). If you believe someone may be in danger of suicide:

- **Call or text [988](#) to reach the [988 Suicide & Crisis Lifeline](#)** to talk to a caring professional.
- **Ask them** if they are thinking about killing themselves. This will not put the idea into their head or make it more likely that they will attempt suicide.
- **Listen without judging** and show you care.
- **Stay with the person** or make sure the person is in a private, secure place with another caring person until you can get further help.
- **Remove any objects** that could be used in a suicide attempt.

### Suicide Warning Signs for Adults

Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change.



- Talking about or making plans for suicide.
- Acting anxious or agitated, behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live
- Withdrawing or feeling isolated.

## 988 Suicide & Crisis Lifeline



The 988 Suicide & Crisis Lifeline is a free, confidential 24/7 phone line that connects individuals in crisis with trained counselors across the United States. There are also specialized lines for both Veterans and the LGBTQIA+ population.

**You don't have to be suicidal or in crisis to call the Lifeline.** People call to talk about coping with lots of things: substance use, economic worries, relationships, sexual identity, illness, abuse, mental and physical illness, and loneliness. Here's more about the 988 Suicide & Crisis Lifeline:

- You are not alone in reaching out. In 2021, the Lifeline received 3.6 million calls, chats, and texts.
- The 988 Suicide & Crisis Lifeline is a network of more than 200 state and local call centers supported by HHS through SAMHSA.
- Calls to the Lifeline are routed to the nearest crisis center for connections to local resources for help.
- Responders are trained counselors who have successfully helped to prevent suicide ideation and attempts among callers.

Your EAP Representative (listed below) can help. They are a free, confidential source of information for you to use when you need it.



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer volunteers do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer volunteers will follow up to ensure you have been able to access services that address the difficulty you were experiencing.

IAM EAP Director, District 142

Paul Shultz

704-907-3563 E-mail: [pmschultz@att.net](mailto:pmschultz@att.net)

### Suicide Resources

[988lifeline.org](https://988lifeline.org)

[SAMHSA's Suicide Prevention Resource Center](#)

[FindSupport.gov](https://findsupport.gov)

[Helping Your Loved One Who is Suicidal: A Guide for Family and Friends](#)

[Suicide Prevention Resource Center](#)

<https://sprc.org/effective-prevention/>