

## Tips to help identify those at-risk & facilitate the appropriate care:

Healthcare workers are disproportionately (nearly 3x more) at risk of committing suicide. Many find themselves distanced from their friends and loved ones, making it difficult to maintain relationships with their usual support networks. In the midst of Mental Health Awareness Month, we must equip frontline health care workers with the resources necessary to protect their mental health.

## Tips to help identify those at-risk & helping to facilitate the appropriate care:



### Discuss Risk Factors & Warning Signs

Suicidal behavior is a complex problem with no single cause or absolute predictors. Risk factors include:

- Diagnoses of major depressive disorders
- Prior suicide attempt.
- Adverse childhood events
- A history of mental health issues, suicidal behavior or physical, psychological, and/or sexual abuse.
- Major life events that affect a person's stability and support network.
- Relationship problems or domestic violence.



### Promote Care-Seeking Behaviors

Recognize the importance self-care, model wellness behaviors, and encourage others to do the same. Start by taking these steps:

- Get enough sleep, eat nutritiously, and exercise regularly.
- Recharge: take personal time off and make time for relaxation with friends and family members.
- Learn to say “no” and not take on more than you can manage.
- Learn to recognize signs of stress, depression, and burnout in yourself.
- Reach out to colleagues for assistance and support.

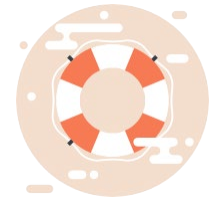


### Make it Easy to Find Help

Well-Being health programs provide or facilitate in-depth evaluations, appropriate treatment referrals, and if necessary, monitoring for all healthcare workers.

These programs are private and confidential.

See the reverse side to find a list of available resources.



### Create a Support System

Begin creating a supportive atmosphere by:

- Enlisting a physician advocate to provide support for those in distress.
- Encouraging physicians to use a regular source of health care.
- Reducing the physician's patient caseload in the short term.
- Developing internal peer network programs and opportunities.
- Offering regular screenings for depression, distress, and burnout.
- Identifying and adapting external suicide prevention programs.

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### Be aware of these signs in yourself or in others:

- Threatening to hurt or kill themselves
- Looking for ways to kill themselves
- Talking or writing about death, dying or suicide
- Expressing hopelessness or having no purpose
- Talking about being a burden or feeling trapped
- Displaying anger, aggression or agitation
- Acting reckless or engaging in risky behaviors
- Increased drug or alcohol use
- Withdrawing from friends and family
- Displaying depression or anxiety
- Dramatic changes in mood
- Giving away personal belongings
- Previous suicide attempt
- Engaging in self-injury

### What to do if you see these warning signs:

- Ask directly if the person is thinking about suicide
- Contact a crisis support resource (see below)
- Don't leave the person alone/end the phone call until help arrives
- Actively listen and express concern
- Avoid making judgmental and shaming statements
- Avoid minimizing problems and feelings
- Reassure them that support is available

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### Suicide Prevention Resources

**Crisis telephone hotline** 1-800-273-TALK (8255) | [www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

- Sponsored by the National Suicide Prevention Lifeline Network
- Open 24 hours/7 days a week. Free and confidential.
- Caller can speak to a skilled, trained crisis worker who will listen and provide mental health service resources

**Suicide hotline locator** [www.suicide.org/suicide-hotlines.html](http://www.suicide.org/suicide-hotlines.html)

- A list of state-based suicide hotlines. Services may vary at each location.

Remember, we are all in this together!

St. Joseph's Health has a 24-hour crisis hotline: 973-754-2230.



If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or are considering harming yourself or others, please call the National Suicide Prevention Lifeline 1-800-273-TALK or call 911.