



FIRST SUN
EAP

**SUICIDE PREVENTION
A W A R E N E S S**

Use this guide to help
prevent suicide.



Be an Advocate for Mental Health Awareness

September is National Suicide Prevention Awareness Month. Suicide is the second leading cause of death for people ages 10–34 and those over 75. It can have lasting, harmful effects on individuals, families and communities.



First Sun EAP receives many calls from people in crisis, and we are proud of the support we offer. But we also get many calls from managers that want to know how to support their staff member in crisis. That information isn't as readily available.

So, we've created this Suicide Prevention Awareness Kit to give you an overview of suicide prevention awareness and options for support. Please email this information to anyone in need and post the information around your office.

Access Is Everything

When mental health resources are readily accessible, people are more likely to use them. Distribute these resources to your organization.

1. **988 Suicide and Crisis Lifeline:** When in crisis, use this free, confidential and national resource. It is available 24/7. Talk to a professional via phone or chat.
2. **Employee Assistance Program (EAP):** Call us, First Sun EAP, at **800-968-8143** or fill out our [online form](#) to access services. Your [benefit](#) includes at least three counseling and three life management services. You and your household members are automatically enrolled. You do not need to participate in your employer's insurance plan to use this benefit.
3. **American Foundation for Suicide Prevention (AFSP):** You can **call 988** or **text TALK to 741741** for support if you are struggling or processing loss. Join a local chapter for support, education and community programs.
4. **National Alliance of Mental Illness (NAMI):** Work in your community to raise awareness and provide support and education about mental health. Learn more by checking your [state's facts](#).
5. **Mental Health First Aid:** Take a course to help someone who is developing a mental health problem or experiencing a mental health crisis.
6. **More Resources:** Please log into your EAP benefits website to review more suicide prevention resources and review the many benefits and resources made available to you and your household members through First Sun EAP.

Though September is Suicide Prevention Awareness Month, this kit is important to use throughout the year. Please use it to assist staff with anxiety, depression and substance use. These are the top three risk factors that lead to suicidal thoughts. We hope you and your staff members pursue these resources to help yourself or a loved one.



SUICIDE PREVENTION
AWARENESS



WARNING SIGNS

TAKE PART IN SUICIDE PREVENTION



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Call 800-968-8143 for
resources to improve
your life balance.

Call or text 988 in a crisis.



Warning signs courtesy
of 988lifeline.org

- Talking about wanting to die or kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings



SUICIDE PREVENTION
AWARENESS



RISK FACTORS

TAKE PART IN SUICIDE PREVENTION



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Risk factors courtesy
of 988lifeline.org

- Mental disorders and certain personality disorders
- Lack of health care, mental health and substance abuse treatment
- Cultural and religious beliefs that accept suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide and local clusters of suicide
- Family history of suicide and previous suicide attempt(s)
- Alcohol and other substance use disorders
- Lack of social support, a sense of isolation, and hopelessness
- Stigma associated with asking for help
- Impulsive and/or aggressive tendencies
- Relationship, job or financial loss
- History of trauma or abuse
- Major physical illnesses
- Easy access to lethal means

Understanding Suicide

People react differently to the same situation. While someone may be overwhelmed by an experience, another person may see it as overcoming a challenge. When someone feels overwhelmed, emotional distress can intensify the situation. That may lead to a thought of suicide as an answer.

Learn about suicidal feelings and mental health conditions to help you identify when and how to help someone in crisis.



Be Aware of Suicidal Feelings: Some of the feelings and thoughts people experience in crisis. *"I can't..."*

- stop the pain
- think clearly
- make decisions
- see any way out
- sleep, eat or work
- get out of depression
- make the sadness go away
- see a future without pain
- see myself as worthwhile
- get someone's attention
- seem to get control

TOP THREE MENTAL HEALTH CONDITIONS THAT INCREASE THE RISK OF SUICIDE

ANXIETY DISORDER

Intense, excessive and persistent worry and fear about everyday situations.

Emotional symptoms:

- Feelings of apprehension or dread
- Feeling tense or jumpy
- Restlessness or irritability
- Anticipating the worst and being watchful of signs of danger

Physical symptoms:

- Pounding or racing heart and shortness of breath
- Sweating, tremors and twitches
- Headaches, fatigue and insomnia
- Upset stomach, frequent urination or diarrhea

Types of Anxiety Disorders:

- Generalized Anxiety Disorder (GAD)
- Social Anxiety Disorder
- Panic Disorder

Anxiety Disorders in the U.S.:

- 19.1%** - Over 40 million adults have an anxiety disorder.
- 7.0%** - Of children, aged 3-17, experience issues.

DEPRESSION DISORDER

Persistent feeling of sadness and loss of interest. It changes daily functioning, typically for more than two weeks.

Symptoms:

- Changes in sleep
- Changes in appetite
- Lack of concentration
- Loss of energy
- Lack of interest in activities
- Hopelessness or guilty thoughts
- Changes in movement (less activity or agitation)
- Physical aches and pains
- Suicidal thoughts

Synonyms for Depression Disorder:

- Major Depressive Disorder
- Clinical Depression

Depression Disorders in the U.S.:

- 8.4%** - About 20 million adults had at least one major depressive episode in 2020.

SUBSTANCE USE DISORDER

Repeated misuse of alcohol and/or drugs.

Symptoms:



- Withdrawal from friends and family
- Sudden changes in behavior
- Engaging in risky behaviors
- Developing a high tolerance and withdrawal symptoms
- Feeling like you need a drug to be able to function

Types of Substance Use Disorders:

- Also called substance abuse
- The combination of mental illness and substance use disorder is called dual diagnosis or co-occurring disorders.

Substance Use Disorders in the U.S.:

- 17 mm** - Adults experienced both mental illness and a substance use disorder in 2020.



988
SUICIDE
& CRISIS
LIFELINE

Whatever time: Day. Night. Weekend.

Whatever the reason: Mental health distress. Substance use crisis. Thoughts of suicide.

The 988 Suicide & Crisis Lifeline is here for you.

Text 988 | Call 988 | Chat 988lifeline.org

Simply calling or texting 988 or chatting 988lifeline.org will connect a person in crisis to compassionate care and support for any mental health or substance use-related distress. Anyone—a person in crisis, or someone supporting a person in crisis—can reach 988 in the United States through any land line, cell phone, and voice-over internet device.

With rising levels of anxiety, depression, emotional distress, and overdose deaths, it is crucial that people have somewhere to turn when they're in crisis. Suicide is a leading cause of death in the United States. The number of people with a substance use disorder continues to increase. The 988 Lifeline is a direct connection to immediate and free support and resources for anyone in crisis.

And it works. About 98 percent of people who call, chat, or text the 988 Lifeline get the crisis support they need and do not require additional services in that moment. The 988 Lifeline is a key part of a broader vision for reimagined crisis care in the United States. Through federal, state, local, and community partnerships,



SAMHSA is working towards a vision where everyone has:

- Someone to talk to
- Someone to respond
- A safe place for help



Frequently Asked Questions

What support is available through the 988 Lifeline?

The 988 Lifeline offers free and confidential support for anyone in crisis. That includes people who need support for a suicidal, mental health and/or substance use crisis, or who are in emotional distress.

What happens when a person calls, texts, or chats?

When a person calls or texts 988 or chats [988lifeline.org](https://www.988lifeline.org), they are connected with a crisis counselor who listens, tries to understand how the problem is affecting the person, provides support, and shares resources. 988 Lifeline crisis counselors are trained to help reduce the intensity of a situation for the person seeking help and connect them to additional local resources to support their wellbeing.

How does the 988 Lifeline protect the privacy of those who call, text, or chat?

When a person contacts the 988 Lifeline, they don't have to say who or where they are to get support. The 988 Lifeline crisis counselor knows only the person's phone number if they call or text, or their IP address if they use chat. No one is required to provide any personal information to receive the help from the 988 Lifeline.

How is 988 different from 911?

The 988 Lifeline was established to improve access to immediate support to meet the nation's growing mental health, suicide, and substance use distress needs. The 988 Lifeline provides easy access to emotional distress care, which is distinct from 911, where the focus is on dispatching emergency medical services, fire, and police, as needed.

Only a small percent of 988 Lifeline calls require activation of the 911 system. Most of those are done with the consent and cooperation of the caller. This occurs when there is imminent risk to someone's life that cannot be reduced during the call. In these cases, the crisis counselor shares information with 911 that is crucial to saving the caller's life.

SAMHSA is working towards a long-term vision of strong coordination between 988 and 911 so people in crisis get to the most appropriate care needed in that moment. SAMHSA is actively working with 911 counterparts at federal, state, and local levels as our country continues to improve response.

Urgent realities.



The United States is experiencing a suicidal, mental health, and substance use crisis:

- In 2021, a person died by suicide every 11 minutes.
- Suicide was the second-leading cause of death for people ages 10–14 and 25–34.
- Suicide rates increased significantly among non-Hispanic Black & American Indian and Alaska Native people.
- Nearly 900,000 youth ages 12–17 and 1.7 million adults attempted suicide.
- 46.3 million people ages 12 or older had a substance use disorder in the past year.
- In 2021, nearly 107,000 people died from a drug overdose.

Easier access.



988 is an easy-to-remember number that is providing greater access to life-saving services.

There is hope.



Whether you're experiencing thoughts of suicide, a mental health or substance use crisis, or any other kind of emotional distress, there is compassionate support available through the 988 Lifeline.

Email 988 questions to:
**988Team@
samhsa.hhs.gov**

988

LÍNEA DE PREVENCIÓN DEL SUICIDIO Y CRISIS

En 2020, el Congreso designó el nuevo código de marcación 988 para operar a través de la Línea directa nacional para la prevención del suicidio existente.

La Administración de Servicios de Abuso de Sustancias y Salud Mental (SAMHSA, por sus siglas en inglés) es la agencia federal líder, junto con la Comisión Federal de Comunicaciones y el Departamento de Asuntos de Veteranos, que trabaja para hacer realidad la promesa del 988 en Estados Unidos. Pasar a un código de marcación de 3 dígitos es **una oportunidad única en la vida** que permite fortalecer y ampliar la Línea directa nacional para la prevención del suicidio (National Suicide Prevention Lifeline o la Línea de vida).

De hecho, el 988 es más que un número fácil de recordar —es una conexión directa a la que puede acceder cualquier persona que tenga problemas relacionados con la salud mental para recibir atención y apoyo compasivo y accesible— sea que se trate de pensamientos suicidas o de una crisis de salud mental o relacionada con el consumo de sustancias o cualquier otro tipo de angustia emocional. Prepararse para la implementación integral del 988 requiere una visión audaz que permita diseñar un **sistema de atención de crisis que proporcione servicios directos que salven vidas a todos aquellos que lo necesiten.**

SAMHSA considera que el 988 es un primer paso hacia la transformación de un sistema de atención de crisis que se equipara a la forma en que se expandieron los servicios médicos de emergencia en los Estados Unidos.



En busca de esta visión audaz, pero alcanzable, SAMHSA se centra primero en fortalecer y ampliar la red existente de la Línea de vida, proporcionando un servicio que salva vidas a todos los que se comunican con el 988, ya sea mediante una llamada telefónica, un mensaje de texto o por chat. A más largo plazo, SAMHSA reconoce que conectar a quienes están en crisis con proveedores comunitarios —que pueden ofrecer una gama completa de servicios de atención en crisis— **es esencial para satisfacer las necesidades de crisis en toda la nación.**





Preguntas más frecuentes

¿Qué es la Línea de vida? ¿El 988 reemplaza a la Línea de vida?

La **Línea de vida** es una red nacional de más de 200 centros de crisis locales, independientes y financiados por el estado que se encuentran equipados para ayudar a las personas con dificultades emocionales o que padecen una crisis suicida. **El paso al 988 no sustituye a la Línea de vida**, sino que es una manera más fácil de acceder a una red fortalecida y ampliada de centros de llamadas en caso de crisis. A partir del 16 de julio de 2022, las personas pueden acceder a la Línea de vida a través del 988 o de un número de 10 dígitos (que seguirá vigente).

¿Cuándo se lanzará el 988 a nivel nacional?

El **código de marcación 988** estará disponible en todo el país para llamadas (en varios idiomas), texto o chat (solo en inglés) el 16 de julio de 2022. Hasta entonces, quienes sufran una crisis de salud mental o relacionada con suicidio, o quienes ayuden a un ser querido en una situación de crisis, deben seguir utilizando la Línea de vida con el número actual: **1-800-273-8255**.

¿En qué se diferencia el 988 del 911?

El **988 se creó para mejorar el acceso a los servicios de crisis** de una manera que satisfaga las crecientes necesidades de atención de crisis relacionadas con el suicidio y la salud mental de nuestro país. El 988 proporcionará un acceso más fácil a la red de la Línea de vida y a los recursos de crisis relacionados, que son distintos de los que ofrece el 911 (donde el foco está en despachar los servicios médicos de emergencia, los bomberos y la policía, según sea necesario).

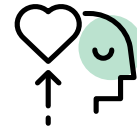
¿Cómo se financia el 988?

El **Congreso proporcionó fondos al Departamento de Salud y Servicios Humanos a través del Plan de rescate estadounidense (American Rescue Plan), algunos de los cuales serán destinados a financiar la plantilla del 988**. A nivel estatal, además de los fondos provenientes del sector público/privado, la Ley nacional de designación de la línea directa para la prevención del suicidio (National Suicide Hotline Designation Act) de 2020 permite a los estados fijar nuevas tarifas estatales de telecomunicaciones para ayudar a financiar las operaciones del 988.

¿El 988 está disponible para crisis relacionadas con el consumo de sustancias?

La **Línea de vida acepta llamadas de cualquier persona que necesite ayuda** para una crisis suicida, de salud mental y/o por el consumo de sustancias.

Realidades urgentes.



Ya son demasiados los estadounidenses que padecen crisis suicidas o de salud mental y que no cuentan con la ayuda y la atención que necesitan. Solo en 2020, se registró una muerte por suicidio cada 11 minutos en EE. UU. y además, entre las personas de 10 a 34 años, el suicidio es una de las principales causas de muerte.

Más fácil de acceder.



El paso a un código de marcación de 3 dígitos fácil de recordar permitirá un mayor acceso a los servicios que salvan vidas.

Hay esperanza.



La ayuda libre y confidencial las 24 horas del día, los 7 días de la semana a las personas en crisis suicida o con angustia emocional es muy útil. La Línea de vida ayuda a miles de personas a superar situaciones de crisis cada día.

Envíe preguntas sobre el 988 por correo electrónico a:

**988Team@
samhsa.hhs.gov**