

Workplace Suicide Prevention

How to Make a Plan

We spend a lot of time at work, which puts management and co-workers in a unique position to identify when someone needs support.



Organize

Create policies and procedures for education and training, supporting an employee at risk, and responding to a suicide attempt or death in the workplace.



Educate

Train managers and co-workers to identify someone who may need help and be prepared to confidently respond to people who are at risk for suicide.



Environment

Foster a workplace with open communication and respect. Destigmatize topics like mental health and suicide by having open and honest conversations about them.



Support

Provide programs and resources to support employees, including EAPs with counseling and support for mental and physical health, substance abuse, and relationships.



Respond

Take talk of suicide seriously. If an employee is at immediate risk, dial 911. Do not leave them alone, but make sure they are in a private, safe location. Encourage them to contact the Suicide Crisis Lifeline by calling or texting 988.