

Save a Life PREVENT SUICIDE

Suicide is a public health crisis, accounting for one death every 11 minutes, and nearly 46,000 deaths in 2020. You can save a life and contribute to a healthier community by being aware of the warning signs of suicide in colleagues, friends, and loved ones, as well as by supporting others in seeking mental health treatment.

Possible Warning Signs of Suicide

- Talking about feelings of hopelessness, or lack of desire to live
- Increased usage of alcohol or drugs
- Withdrawal from activity or isolation
- Extreme mood swings
- Speaking of a desire to die or hurt themselves
- Impulsive or reckless behavior
- Depression, or being in a constant state of anxiety or worry
- Saying goodbye to loved ones
- Giving away possessions
- Self harm/injury



Ways to Help Others

- Ask others how they are feeling or if they are contemplating suicide
- Encourage colleagues to seek professional help and utilize their agency [Employee Assistance Program](#)
- Provide a system of support to let others know they are not alone
- Stay connected and check in regularly
- Provide a listening ear

Helpful Resources

- [Preventing Suicide: A Technical Package of Policy, Programs and Practices](#)
- [988 Suicide and Crisis Lifeline](#)
- [The American Foundation for Suicide Prevention](#)
- [The National Institute of Mental Health](#)



U.S. Office of Personnel Management
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