

WORKING TOGETHER TO PREVENT SUICIDE

With one in every 100 deaths worldwide resulting from suicide, it's crucial to recognize the warning signs and seek help for those in need.



Warning signs include:

- Being sad or depressed most of the time
- Talking about suicide
- Withdrawing from family and friends
- Feeling hopeless
- Acting recklessly

Always take these signs seriously, and get help immediately.

CONNECT WITH RESOURCES

Resources and assistance are available to all Mauser Packing Solutions employees and members of their household through our benefit programs.*

U.S.: THE HARTFORD: Enhanced Ability Assist® - Employee Assistance Program (EAP)
Call toll free [1-800-327-1850](tel:1-800-327-1850) or visit www.guidanceresources.com.

Canada: Manulife – Homewood Health/Santé: Resilience® Employee and Family Assistance Program (EFAP)
Call toll free [1-866-644-0326](tel:1-866-644-0326) or visit www.manulife.ca.

*Resources and assistance available regardless of enrollment in healthcare benefits.

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Here are 5 steps you can take to help someone in emotional pain:



ASK

"Are you thinking about killing yourself?" It's not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.



KEEP THEM SAFE

Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.



BE THERE

Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.



HELP THEM CONNECT

Save the 988 Suicide & Crisis Lifeline number (call or text 988) and the Crisis Text Line number (741741) in your phone so they're there if you need them. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.



STAY CONNECTED

Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

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