



# WORK RIGHT REVIEW

VOLUME 8 | ISSUE 36 | ARCHIVE WORKRIGHTNW.COM



## SUICIDE PREVENTION AWARENESS

BY AMELIA MEIGS, ATC

This month is Suicide Prevention Awareness Month. So let's put this stigmatized (and often taboo) subject out in the open. You might be surprised at how common this issue has become in the workplace.

### DID YOU KNOW?

- Men die by suicide almost 4x more than women.
- The rate of suicide is highest in middle-aged white men.
- Suicide rates are 1.5x times higher for veterans than non-veterans.
- Men in the construction, machining, labor, maintenance, and mining industries are generally at 2-3x times **higher risk for suicide**.

### WHERE DO YOU START?

Remember the ASK acronym.



**Ask About Suicide.** The number one best thing we can do to prevent suicide is ask directly "Are you thinking of suicide?"



**Seek More Information.** Assure the person's safety, but also look for other clues. Is there an immediate risk of suicide?



**Know Where and How to Refer.** If the person is in immediate risk of suicide, call 911. Otherwise, call or text **988**.

### WHO DO YOU TALK TO?



The new number for this hotline has transitioned simply to '988'. You can call OR text this number to be linked with a trained crisis counselor. These counselors can help with suicidal thoughts, self harm, substance use, and mental health crises or emotional distress. Veterans, likewise, can call or text **988**, then press 1.

**WANT TO READ MORE?  
SCAN THE QR!**

Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.



For more information, listen to Amelia's podcast with Learn Right Radio about her upcoming course - **Practical Suicide Prevention in the Industrial Setting.**