

# SUICIDE PREVENTION AWARENESS MONTH

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## **September is Suicide Prevention Awareness Month.**

Take a moment to remember: there is help, there is hope.

We use this month to spread hope and vital information to those affected by suicide. The Flight Attendant community has been drastically affected by suicide. There are many factors that contribute to suicide. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience.

Everyone experiences mental health situations. Learning healthy ways to cope and getting the right care and support can help reduce stressful feelings, anxiety, depression, suicidal thoughts and symptoms.

- Remember that AFA's Employee Assistance Program (EAP) is a confidential resource available to members to assist with personal, as well as work related concerns.**
- Think you know a flight attendant who is struggling? Let them know they're not alone. Reach out. Listen. Seek help.**



## SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

### KNOW THE 12 SUICIDE WARNING SIGNS

- FEELING LIKE A BURDEN
- BEING ISOLATED
- INCREASED ANXIETY
- FEELING TRAPPED OR IN UNBEARABLE PAIN
- INCREASED SUBSTANCE USE
- LOOKING FOR A WAY TO ACCESS LETHAL MEANS
- INCREASED ANGER OR RAGE
- EXTREME MOOD SWINGS
- EXPRESSING HOPELESSNESS
- SLEEPING TOO LITTLE OR TOO MUCH
- TALKING OR POSTING ABOUT WANTING TO DIE
- MAKING PLANS FOR SUICIDE

### 5 STEPS TO HELP SOMEONE AT RISK

1. ASK.
2. KEEP THEM SAFE.
3. BE THERE.
4. HELP THEM CONNECT.
5. FOLLOW UP.

\*\*\*Remember, your AFA EAP provides confidential support to you, your loved ones and flying partners. Don't hesitate to call us at 800-424-2406.



Association of Flight Attendants-CWA, AFL-CIO | [afacwa.org/eap](http://afacwa.org/eap)

There are resources and help out there. We want and need you here.

**National Suicide Prevention Lifeline: (800)-273-8255**