

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

Source: https://www.afacwa.org/september_is_national_suicide_prevention_month

September is National Suicide Prevention Month

September 6, 2018 - **54%**
- More than half of people who died by suicide did not have a known mental health condition.

According to a June 2018 Center for Disease Control and Prevention release:

"Mental health conditions are often seen as the cause of suicide, but suicide is rarely caused by any single factor. In fact, many people who die by suicide are not known to have a diagnosed mental health condition at the time of death. Other problems often contribute to suicide, such as those related to relationships, substance use, physical health, and job, money, legal, or housing stress."



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

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

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