



HELPING HANDS



September is Suicide Prevention Month

(excerpts from NAMI.org, Risk of Suicide)

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide may be the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Warning signs of suicide:

- Increased alcohol and drug use
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Suicidal *behaviors* are a psychiatric emergency. Seek immediate help from a health care provider or call 911 if you or a loved one starts to take any of these steps

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

If you are unsure, a licensed mental health professional can help assess.

Risk Factors

- A family history of suicide
- Substance use or Intoxication. More than 1 in 3 people who die from suicide are under the influence of alcohol at the time of death. Drugs can create mental highs and lows that worsen suicidal thoughts.
- Access to firearms
- A serious or chronic medical illness
- Gender. Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide.
- A history of trauma or abuse
- Prolonged stress
- A recent tragedy or loss
- If you're worried that you or your loved one is in crisis or nearing a crisis, seek help. Make sure to assess the immediacy of the situation to help determine where to start or who to call.



Your Employee Assistance Program Representative listed on page 2 can help

What to do When Someone is Expressing Suicidal Thoughts

A person experiencing a mental health crisis can't always clearly communicate their thoughts, feelings, needs or emotions. They may also find it difficult to understand what others are saying. It's important to empathize and connect with the person's feelings, stay calm and try to de-escalate the crisis. If the following suggestions don't help, seek outside assistance and resources.



Techniques that May Help De-escalate a Crisis:

- ✓ Keep your voice calm
- ✓ Listen to the person
- ✓ Avoid continuous eye contact
- ✓ Keep stimulation level low
- ✓ Offer options instead of trying to take control
- ✓ Give them space
- ✓ Avoid overreacting
- ✓ Express support and concern
- ✓ Ask how you can help
- ✓ Move slowly
- ✓ Be patient
- ✗ Don't argue or try to reason with the person

24/7 Crisis Hotline: National Suicide Prevention Lifeline Network
www.suicidepreventionlifeline.org 1-800-273-TALK (8255) (Veterans, press 1)

Crisis Text Line Text "TALK" to 741-741 to text with a trained crisis counselor from the for free, 24/7

IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

IAM EAP Airline Chairmen

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Crisis hotlines

National Suicide Prevention Lifeline

800-273-8255 (24/7) <https://suicidepreventionlifeline.org/>

Crisis Text Line

Text HOME to 741741 <https://www.crisistextline.org/>

The Trevor Project

866-488-7386 (24/7)

866-488-7387 Text 'START' to 678678.

866-488-7388 <https://www.thetrevorproject.org/>

The Veterans Crisis Line

800-273-8255 press 1 (24/7)

800-273-8256 Text 838255 (24/7)

Online chat: www.veteranscrisisline.net/get-help/chat

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