



You are not Powerless over Suicide

When we find out that a friend, loved one, or co-worker may be thinking of suicide, often our fear of the topic prevents us from doing the right thing. When you hear a “cry for help,” such as someone talking about suicide, making statements like “I wish I were dead” or “I’m going to end it all,” or expressing how hopeless they feel:

Don’t Let Fear Stop You From Helping

Fears	Facts
1. I don’t want to mention suicide because it might make them want to do it.	1. Almost all people who take their life talk or write about it first. Take such talk seriously! Most suicidal people don’t want to die, they just want to get rid of the pain they are in.
2. If I bring it up it will only make things worse.	2. Talking about suicide won’t increase someone’s desire to do this, but it may open up a discussion for help.
3. It’s none of my business.	3. If you know about it, it is your business.
4. I’ll look bad if I bring it up, especially if I’m wrong.	4. You’ll look (and feel) worse if they kill themselves and you didn’t do anything.
5. There’s nothing I can do anyway.	5. There’s plenty you can do. Having a courageous conversation or telling someone can make a huge difference for many people.
6. There’s liability if I get involved.	6. There’s greater liability if you don’t do the right thing.
7. I don’t want to make a mistake.	7. The biggest mistake possible is not trying to do something to keep someone alive. Others can help you and hopefully help the suicidal person as well.

Do What You Can

1. If there is an immediate danger, call 911, and don’t leave the person at risk alone until you have found help.
2. If you are comfortable speaking with this person, ask the difficult questions that can help you understand their state of mind and intentions: “Are you thinking of killing yourself?” or “Do you feel like you want to die?” If the response gives you any indication they have been considering suicide or are having suicidal thoughts, ask them to find help immediately. Suggest they call the National Suicide Prevention Lifeline at **1-800-273-TALK** (8255), or the State of Hawaii Access Line (Oahu **808-832-3100** or Neighbor Islands **800-753-6879**; both available 24/7. Offer to call your company’s EAP and help them make an appointment with a counselor.
3. If you don’t feel comfortable speaking with this person, express your concern to someone else — a supervisor, HR, or the EAP. They can call the EAP for consultation on the best ways to proceed.

If you are thinking about suicide or hurting yourself,
please talk with a responsible adult or call

1-800-273-TALK (8255)

The people who answer this hotline will help you.

You can also call your EAP at the numbers to the right to make an appointment with a professional counselor.

Employee Assistance of the Pacific
1221 Kapiolani Blvd., Suite 730 Honolulu, HI 96814
www.EAPacific.com



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