

Suicide Prevention



Suicide is the intentional act of ending one's own life. Each year, more than 720,000 people die by suicide and for each suicide death, there are many more suicide attempts or those who seriously consider attempting suicide. Suicide has rippling impacts on individuals, families and communities.

Although there is no one approach to end suicide, there are strategies for prevention. Learning and addressing risk factors, intervening when the risk is high, and supporting survivors, are just a few approaches to suicide prevention. Learn how you can be a piece of the puzzle in preventing suicide.

Understanding Risk Factors

Suicide is commonly a result of a person experiencing significant emotional or physical pain. Learning risk factors can encourage people to reach out when someone may be struggling.

Risk factors include, but are not limited to, feeling depressed, like a burden, having no purpose, and/or being trapped by a situation. Individuals may become increasingly agitated, angry, helpless, and/or withdrawn. Increased substance use or an increase in risk taking behaviours is also a risk factor.

Connection

Social connection is important in suicide prevention and for promoting positive mental health. Make it a habit to connect with your friends and family to see how they are doing. Some may feel uncomfortable speaking about their mental health or their struggles. Continue to show up. We all need to know that we have someone in our corner, even if we are not ready to share.

If you are concerned that thoughts of suicide are a possibility, ask explicitly "are you having thoughts of suicide?". Do not promise to keep thoughts or plans for suicide a secret or confidential. Stay with the person, if it is safe to do so, until you can connect them to a crisis line or local emergency services. Take a moment now to familiarize yourself with your local suicide or mental health crisis lines.

Resources

Magna's **Employee and Family Assistance Program (EFAP)** is a global resource that offers comprehensive and holistic approaches to well-being. You can find practical information and counselling of a variety of topics. This service is available to you and your immediate family. Prevention starts with taking care of ourselves, even if we are feeling well.

<http://global.helpwhereyouare.com> | **Company Code: Magna**

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