

Suicide Prevention



Suicide is the intentional act of ending one's own life. Each year, over 720,000 people die by suicide. For every suicide death, many more individuals attempt suicide or seriously contemplate doing so. Suicide has rippling impacts on individuals, families, and communities.

Although there is not one singular 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 they are struggling.

Risk factors include, but are not limited to, feelings of depression, feeling like a burden to others, lacking a sense of purpose, or feeling trapped in a difficult situation. Individuals may become increasingly agitated, angry, helpless, and/or withdrawn. Increased substance use or an increase in risk-taking behaviours are also risk factors.

Connection

Social connection is important in suicide prevention and for promoting positive mental health. Make it a regular habit to check in with your friends and family to see how they are doing. Some people may feel uncomfortable talking about their mental health or personal struggles. Keep showing up for them. Knowing that someone is in our corner can make a big difference, even if we are not ready to open up.

If you are concerned that thoughts of suicide are a possibility, ask the person explicitly, "Are you having thoughts of suicide?" Do not promise to keep thoughts or plans of suicide a secret or confidential. If it is safe to do so, stay with the person until you can connect them with a crisis line or local emergency services. To help prepare yourself for future situations, 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 on a variety of topics. This service is available to you and your immediate family. Prevention begins with taking care of ourselves, even when we feel well.

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

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