

PREVENTION IN THE WORKPLACE

According to the National Institute for Occupational Safety and Health (NIOSH), workplace suicide rates are on the rise. But suicide awareness experts say that employers, supervisors, HR managers and safety directors can help to prevent suicides.

Suicide Facts

More than 1 million Americans attempt suicide every year.

Suicide is the 4th leading cause of death among people from the ages of 18 to 65.

Men are 15 times more likely to kill themselves at work.



Men are 4 times more likely to die by suicide.

The peak years for suicide among women are from the ages of 45 to 54.

Men and women between the ages of 65 and 74 are almost 3 times as likely to kill themselves at work as people of other ages.

Substance abuse is the number 2 risk factor for suicide in America

More than 15 million employees in the U.S. abuse substances.

1 in 10 workers abuse alcohol.

1 in 12 employees use illegal drugs.



The majority of illegal drug users from the ages of 16 to 25 are now entering the workforce.

1 in 3 people who die from suicide is under the influence of drugs or alcohol.

Suicide Prevention

The ever-present stigma of mental illness remains a challenge in every workplace. There is often reluctance and fear on the part of the employee to come forward.

Crisis situations or suicidal thoughts are often not even shared with close friends or family members, let alone co-workers or supervisors. There also may be a fear of losing the job, a fear of confidentiality breaches by those an employee might confide in, or a fear of being seen as "crazy" or weak.



Twenty-five percent of Americans have mental health conditions, but less than 20 percent of those with problems are getting treatment.



It's important to let employees know what resources are available and to tell them that the company values a healthy workforce, so it's okay to ask for mental health help.



Business owners, CEO's, company presidents, HR managers and safety directors need to learn and train supervisors and managers on how to identify the warning signs of possible crisis or suicidal ideation and how to Question, Persuade and Refer employees to professional help.



Question



Persuade



Refer

Question, Persuade and Refer (QPR) trains designated staff on signs and signals of potential self-harm, and guides those staff through how to speak and ask about suicide in a frank and open manner.

Suicide Prevention

Employees need to know it's okay to say to a colleague, "Are you okay? You don't seem yourself."

Perception is half the battle and that is why QPR training is so important.



QPR can be learned in a "Gatekeeper course" in as little as one hour.

A "Gatekeeper" is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide.

Trained Gatekeepers learn to recognize the warning signs of suicide, how to offer hope and how to get help and save a life.

For more information on QPR training, please visit:

<https://www.qprinstitute.com/about-qpr>

Or Call:

**Georgia Crisis
& Access Line**
1-800-715-4225
mygcal.com

