

RESOURCE GUIDE FOR SUICIDE PREVENTION

NIH - Employee Assistance Program



YOU'RE NOT ALONE.

Suicide has been a leading cause of death that affects people of all ages. This resource guide is to help you know what to do, and how to support yourself or someone else, as well as serve as a reminder that there is hope.

KNOW THE SIGNS

- [Warning Signs of Suicide \(nih.gov\)](#)
- [Risk Factors and Protective Factors - #BeThe1To](#)

HOW TO HELP OTHERS

- [5 Action Steps to Help Someone Having Thoughts of Suicide \(nih.gov\)](#)
- [Frequently Asked Questions About Suicide \(nih.gov\)](#)

HOW TO HELP YOURSELF

- [My Mental Health: Do I Need Help? \(nih.gov\)](#)
- [Tips for Talking a Your Health Care Provider About Your Mental Health \(nih.gov\)](#)
- [The Importance of Self-care - #BeThe1To](#)
- [Safety Plan - #BeThe1To](#)

HEALING AFTER SUICIDE LOSS

- [For Suicide Loss Survivors - #BeThe1To](#)
- [2023-HelplineCenter_Booklet.pdf](#)

ADDITIONAL RESOURCES AND INFORMATION

- [988 Suicide & Crisis Lifeline | SAMHSA](#)
- [General Resources | Suicide Prevention | CDC](#)
- <https://988lifeline.org/>

“To anyone out there who’s hurting - it’s not a sign of weakness to ask for help. It’s a sign of strength.”

- Barack Obama

HELP IS AVAILABLE

CRISIS HOTLINE:
CALL OR TEXT **988**

- 24 hours
- Multiple Languages

NIH-EMPLOYEE ASSISTANCE PROGRAM

- M - TH: 8am -5pm, F: 7:30am -4pm
- Call: (301) 496-3164