

Help is Available

Additional information, self-help tools, and other resources are available online at www.EAP4YOU.com. Or call us for more information, help, and support. Counselors are available 24 hours a day, 7 days a week to provide confidential assistance at no cost to you.

800-327-4968

TTY: 877-492-7341



Know QPR

as a suicide prevention tool

Question Ask the person if he/she is having thoughts of suicide.

Persuade Encourage the person to seek professional help.

Refer Get them to local resources, or call the EAP or 1-800-suicide.

QPR is a way to remember the steps to take when you have concerns about the safety of another person.



USPS EMPLOYEE ASSISTANCE PROGRAM
A Program You Can Trust



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Information for the Prevention of Suicide

USPS Employee Assistance Program

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How We Can All Help In The Workplace



Information provided and sponsored by the EAP National Joint Committee

Take any threat or talk of suicide seriously

Signs/Risk Factors To Note If You Believe Someone Thinking of Suicide



- Depressed or sad mood
- Talking or writing about suicide or death
- Feeling hopeless, helpless, isolated
- Mood swings
- Alcohol or drug problems
- Loss of interest
- Withdrawal from others
- Change in sleep and/or appetite
- Personal stress factors, such as divorce, financial problems, or job loss
- Giving away person possessions

Getting Help

You or someone you know may struggle to cope with the demands and struggles of every day life. There may be a feeling of hopelessness.

It is important to remember that there is always hope and that suicide is a permanent end to an often temporary situation.

If you or someone you know is struggling, contact the Employee Assistance Program. If someone is in need of urgent care or is in immediate danger, call 911, go to the local emergency room or psychiatric facility, or call the National Suicide Hotline at 800-SUICIDE (800-784-2433).

The Postal Service is one of the largest employers of veterans in the U.S. The Dept. of Veteran Affairs estimated in early



2013 that 22 veterans died of suicide in America each day in 2010. It is important to focus on being compassionate and connecting with military employees, not being hypersensitive to the relationship.



Life is not worth living....

I have nothing to live for....

What's the use in going on?..

I might as well end it all....

These comments may be a way to just vent or they could mean something much more serious. Follow these guidelines to learn more:

1. **LISTEN.**
2. Take the comment **SERIOUSLY.**
3. If possible, guide the person to a **PRIVATE** location.
4. Say, "Let's **TALK** about this. I'm concerned by what you said."
5. Ask for **CLARIFICATION:** "What did you mean by that comment?"
6. If the threat appears imminent, **CALL** 911.
7. Offer to **ASSIST** the person. "I'd like to call the EAP right now."