LET'S TALK SUICIDE PREVENTION

ENTER of the MIDWEST



Reduce the Stigma

Stigma can cause people to feel ashamed of something out of their control and, at its worst, prevent someone from seeking help.

Suicide doesn't only occur in people with mental illness. Many factors contribute to suicide:

Crisis in the past or Relationship problem (42%) upcoming two weeks (29%) **Problematic substance** Physical health problem use (28%) (22%) Job/Financial Criminal legal problem (9%) problem (16%) Loss of housing (4%) 40% How do we fight stigma in the Stigma prevents 40% of workplace? people struggling with anxiety and depression from seeking help • Talk openly about mental health Educate yourself and others on mental health issues Normalizing conversations • Be conscious of hurtful language about suicide and mental • Treat physical and mental health as health reduces stigma, equally important making it easier for people to reach out for help. Call 800-273-8255 Text HELLO to 741741 HEALTHIER WORKFORCE

24/7 Free & Confidential

DATE:

SIGN IN

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