



Miami-Dade County Employee Assistance Program



Building Awareness around Suicide Thoughts and Risk

September is Suicide Prevention Awareness Month—a time to raise awareness of this stigmatized, and often taboo, topic. Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. Suicidal thoughts, although common, should not be considered normal and often indicate more serious mental health condition.

Emotional Wellness Tip:

Seek out 3 things each day to help balance out the negative.

Celebrate your successes (even tiny wins) throughout your day.



Miami-Dade County
Human Resources
Department
Employee Assistance
Program

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What are suicidal thoughts?

Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. It can also mean thinking about methods of suicide or making clear plans to take your own life. If you are feeling suicidal, you might be scared or confused by these feelings. You may find the feelings overwhelming, but *you are not alone*.

What are some signs and symptoms to be mindful of?

Signs and symptoms vary depending on the individual. The following are some common signs and symptoms.

Feelings or Thoughts of:

- Hopeless, like there is no point in living, that like everyone would be better off without you
- Fear and/or overwhelmed by negative thoughts
- Unbearable pain that you can't imagine ending
- Useless, not wanted or not needed by others
- Desperation, as if you have no other choice
- Numbness, cut off physically from your body
- Intrusive thoughts or fascination with death.

Physical symptoms:

- Poor sleep, including waking up earlier than you want to
- a change in appetite, weight gain or loss
- No desire to take care of yourself physically
- Wanting to avoid others
- Making a will or giving away possessions
- Urges to self-harm

What to do if you are concerned about a loved one?

If you are concerned about someone in your life is thinking about suicide, assume you are the only one who will reach out. Here's some tips to talk to someone who may be struggling with their mental health.

- Talk to them privately
- Listen to their story and let them know you care.
- Tell them you care about them and their life matters to you.
- Show understanding and take their concerns seriously.
- Ask directly about suicide, calmly and without judgement.
- Encourage them to seek treatment or contact their doctor/therapist, suicide prevention helpline or the 988 through call or text.
- Avoid debating the value of life, minimizing their problems or give advice.

If you are struggling with intrusive suicidal thoughts:

Know there is help and hope. Don't wait for someone to reach out to you, reach out for support and assistance. Treat yourself as you would treat someone you are concerned about. Contact your doctor, therapist, suicide prevention helpline or the 988 through call or text.

We are here to support:

Miami-Dade's Employee Assistance Program (EAP) is a confidential service which focuses on assisting those who are struggling with personal problems that may be affecting their ability to function at home, work or in the community. Our EAP counselors focus on supporting employees with internal and external resources that assist in setting the foundation for restoration or enhancement of emotional and mental wellness.

The EAP is also providing onsite and virtual assessments and support sessions for all employees that are in need of assistance. To set up services with an EAP counselor at no cost please **call 305-375-3293** or **email Jessica.Hughes-Fillette@miamidade.gov**. The hours of operation are Monday-Friday from 8:00 am to 5:00 pm.

If you are struggling with thoughts of suicide, you are not alone and there is hope. Please call or text the national suicide prevention line at 988 or call Thriving Minds Mobile Crisis at 1-800- HELPYOU for immediate support 24/7.

Source:www.afsp.org

Support and Resources:

Suicide Prevention Hotline: 988 or 1-800-SUICIDE

Abuse Hotline: 1-800-96-ABUSE (22873)

Domestic Violence: 1-800-500-1119

Banyan Mobile Crisis: 305-774-3616/3617

Thriving Minds Mobile Crisis: 1-800-HELPHYOU (435-7968)

National Alliance on Mental Illness: 305-655-2540

