

If you are experiencing suicidal thoughts, consider the following:

1. Call 988 (Suicide & Crisis Lifeline).
2. Reach out to your local union or the HR department for assistance through your EAP.
3. Ask a family member, friend, co-worker, or supervisor for help.

It's OK to not be OK.



988

**SUICIDE
& CRISIS
LIFELINE**



If you think someone is having suicidal thoughts or they have made comments alluding to this, do the following:

Talk to them in private. It is ok to ask them if they are considering suicide. If yes, then:

- Be ready to listen and provide emotional support.
- Ask if you can help them speak with a family member, friend, or mental health professional.
- Don't leave them alone until they are with a mental health professional, family member, or friend.
- If you think a person's life is in imminent danger, **don't hesitate. Call 9-1-1 immediately.**