PART I: BEING PROACTIVE

S.C. SWIDERSKI LLC
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Suicide Prevention Month

Part I: Being Proactive

If you or someone you love is feeling suicidal or facing an immediate or life-threating mental health or substance abuse crisis, call 988 – or in some cases 911 – are the best resources to use.

Each week for the remainder of the month our Toolbox Talks will be centered around Suicide Awareness, Prevention & Dealing with Loss. Topics we will be covering include but not limited to: Statistics, Recognize Warning Signs, Resources, and Coping with Traumatic Event.

The following are several resources at your disposal to aid yourself, family, friends, co-workers, etc.

- As an employee of SCS you're a member of ESI EAP (Employee Assistance Program), you have 24/7/365 access to a helpline and to an online self-help portal to access counseling, coaching, and a wide array of benefits/resources. Visit www.theEAP.com – or 988: The Suicide and Crisis Lifeline - ESI Group (theeap.com) – or call 1-800-252-4555.
- Visit Lifeline (988lifeline.org) or find online chat at 988lifeline.org/chat
- Resources - Construction Suicide Prevention
- https://www.facebook.com/AFSPGreaterKS/
- https://afsp.org/get-help/
- Seize the Awkward | Talk With A Friend About Mental Health https://seizetheawkward.org
- OSHA Suicide Prevention Poster (5 Things You Should Know) OSHA4180.pdf

Please, scroll back up and take a few minutes reviewing some of the links. Save the 988 Suicide Prevention Hotline in your phone. Be prepared in case someone you know needs your help one day.

If you have any questions or concerns don't hesitate to reach out.

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