

# September is National Suicide Prevention Month

## *Suicide is a leading cause of death among working adults*

The Occupational Safety and Health Administration (OSHA) calls suicide “a critical public health issue.” While there is no single cause for suicide, most people who commit suicide exhibit one or more of the warning signs shown in the table below.

Suicide Risk: Warning Signs			
TALK	BEHAVIOR		MOODS
<ul style="list-style-type: none"> <li>» Wanting to die or kill oneself</li> <li>» Feeling trapped</li> <li>» Feeling like a burden to others</li> <li>» Feeling like they are in unbearable pain</li> <li>» Feeling hopeless</li> </ul>	<ul style="list-style-type: none"> <li>» Looking for a way to end one's life</li> <li>» Increased use of alcohol or drugs</li> <li>» Withdrawing from activities</li> <li>» Isolating from family/friends</li> <li>» Sleeping too much or too little</li> </ul>	<ul style="list-style-type: none"> <li>» Saying goodbye to people</li> <li>» Giving away prized possessions</li> <li>» Venting aggression or rage</li> <li>» Displaying fatigue</li> </ul>	<ul style="list-style-type: none"> <li>» Depression</li> <li>» Anxiety</li> <li>» Loss of interest</li> <li>» Relief or sudden improvement</li> <li>» Humiliation or shame</li> <li>» Agitation or anger</li> <li>» Irritability</li> </ul>

[Suicide Risk Warning Signs \(Table from OSHA "Role of Employers in Preventing Suicides" publication NIDCD \(osha.gov\)\)](#)

OSHA suggests employers can help reduce the risk of employee suicide through:

- Implementing mental health programs
- Providing resources for workers to get help
- Fostering a culture of openness and understanding around mental health issues
- Training managers and staff to recognize the signs of mental distress and potential suicidal ideation
- Encouraging open dialogue about mental health to destigmatize these issues and help those workers struggling to seek help.

**988 Suicide & Crisis Lifeline:**  
Call or text 988 or visit  
[988lifeline.org/chat](https://988lifeline.org/chat)

**Crisis Text Line:**  
Text "TALK" to 741741 or visit  
[crisistextline.org](https://crisistextline.org) from anywhere in  
the USA

Check out OSHA's new publication, "[Role of Employers in Preventing Suicides](#)," which offers policy and program information for employers, as well as, guidance and resources for supervisors and employees.

For additional information on the SMCX's services, please visit the SMCX-hosted website at: <https://www.smcx.org/>.