



# Help Starts Here.

Washington State Employee Assistance Program

## SUICIDE AWARENESS AND PREVENTION – A RESOURCE GUIDE

Suicide awareness and prevention can save lives. Knowing and recognizing the signs of suicide risk and getting help and support are key. The Washington State Employee Assistance Program recommends the following resources, with the goal of continuing our support of state and public employees. The inclusion of these resources is not intended to reflect their particular importance, nor is it intended to endorse any views expressed or products or services offered.

EAP is here to support you during these very challenging times. Help starts here.

### EAP Resources

Explore the EAP site for awareness and prevention resources. Below are just a few of the resources you'll find on the EAP's web site. For a complete list of resources, tools, webinars and publications, please [visit our site](#).

- [Suicide Prevention and Intervention Resources web page](#)
- Webinar – [Suicide Prevention – What You Need to Know](#)
- Webinar – [Suicide and Substance Use in Young People](#)

### Resources for the Workplace

The below resources provide guidance on what managers and co-workers can do to support suicide prevention in the workplace.

- [The Role of Managers in Preventing Suicide in the Workplace](#)
- [The Role of Co-workers in Preventing Suicide in the Workplace](#)
- [Workplace Suicide Prevention](#)

### State, County and Community Resources

State, county and community resources are available for immediate help and ongoing support.

- [Washington State Suicide Prevention Plan](#)
- [County Mental Health Crisis Lines](#)
- [Washington's Suicide Preventions Coalitions](#)



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## Getting Help Now

If you are thinking about self-harm or know of someone in crisis, the following resources can be of help.

- [National Suicide Prevention Lifeline](#), call **(800) 273-8255**
- [Crisis Text Line](#), to Connect with a Crisis Counselor, text “Heal” to **741741**
- [Teen Link](#) (if you’re under 21), call **(866) TEENLINK (866) 833-6546**
- [The Trevor Project](#) (for LGBTQ youth), call **(866) 488-7386**
- [The Veterans Crisis Line](#) (for current and former service members) - call **(800) 273-8255, press 1**
- [The Trans Lifeline](#) (for transgender persons), call **(877) 565-8860**
- [The Indian Health Service](#) (for American Indians and Alaska Natives)
- [We R Native](#) (for American Indian and Alaska Native teens and young adults)—Text **NATIVE to 97779** or submit an anonymous online question at "Ask Auntie"
- [Deaf or hard of hearing](#): Contact the Lifeline Via TTY & Chat **(800) 799-4889**
- [Ayuda En Español](#) (help in Spanish): Cuando usted llama al número **(888) 628-9454**

## Supporting Others

It is not uncommon to know someone in crisis who might be thinking of suicide. The below resources can help keep at-risk family, friends and community members safe.

- [LEARN model](#) - five steps you can follow to help someone who might be suicidal.
- [Means Matter](#) - help a loved one by removing or locking up guns until things get better.
- [Know the Signs: Suicide is Preventable](#) – “Know the signs. Find the words. Reach out.”

## Survivors of Suicide Loss

If you have lost a loved one to suicide, you are not alone. These resources are available to help survivors of suicide loss.

- [Peer Support for Survivors of Suicide Loss Program](#)
- [Suicide Prevention Resources for Survivors of Suicide Loss](#)
- [Crisis Connections](#)