

**SUICIDE
AWARENESS &
PREVENTION**

We Should *Talk* About It

Reducing the Stigma

Suicide is a difficult topic—but that’s exactly why we need to talk about it. Stigma, shame, and misconceptions often prevent open conversations, leaving those who are struggling to suffer in silence. Every one of us can be impacted by suicide, whether directly or indirectly, and talking about it is a powerful step toward understanding, healing, and prevention.

Suicide is not a weakness. It is a complex, treatable condition.

Suicidal thoughts can feel overwhelming and isolating. They may convince someone that life isn’t worth living, that no one cares, or that things will never improve. These are distorted thoughts—painful and real, but not permanent. With support, therapy, and sometimes medication, people can and do recover.

If you’re struggling, please speak up.

Even saying, “Something’s wrong,” is a powerful first step. Reach out to a friend, family member, colleague, or mental health professional. Starting the conversation can help break isolation and show you you’re not alone.

If you’re concerned about someone—ask.

Sometimes, the first answer to “How are you?” is “I’m fine,” even when it’s not true. If your instincts tell you something’s off, trust them. Ask again—gently but directly. Try saying: “I care about you, and I’m concerned.”

Your willingness to reach out could make all the difference.

For more guidance and support, reach out to the EAP or visit EAP4YOU.com