

SUICIDE AWARENESS & PREVENTION

You Can *Make* A Difference

A person who is feeling suicidal may not always ask for help—but that doesn't mean they don't want it. Your support can be life-saving. If you're concerned that a family member, friend, or coworker may be considering self-harm, here are important steps you can take:

Reach out. If you see someone struggling, ask them how they're doing and let them know you're there to help.

Speak up. Ask directly and calmly: "Are you thinking about suicide?" This question may feel uncomfortable, but asking shows you care—and can open the door to support.

Be genuine. Let your concern show in your tone, words, and actions. Just being present can make a difference.

Trust your instincts. If something feels off, don't ignore it. You may be seeing warning signs others have missed.

Be courageous. Even if the conversation feels difficult, having it is far better than regretting not having it later.

Listen with compassion. Allow them to speak without interruption. Avoid judgment and focus on listening.

Offer understanding. Stay calm, patient, and empathetic. Your attitude can help them feel safe and supported.

Provide reassurance. Remind them they're not alone. Offer support and encourage them to connect with others.

Promote safety. If there's an immediate risk, remove access to potential means of self-harm.

Have a plan. Contact the USPS EAP, reach out to trusted family members, or call a crisis line.

Encourage additional support. Involve others who can help—friends, neighbors, coworkers, or mentors.

You are not alone. Help is always available through the Employee Assistance Program (EAP). Reach out for guidance and support if you or someone you know is struggling. Visit [EAP4YOU.com](https://www.eap4you.com) to learn more about the resources available 24/7 to all USPS employees and their families.