



# OUTREACH NEWSLETTER

7750 N. Union Blvd., Suite 102 Quarter 4 2016  
Colorado Springs, CO 80920

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## Suicide Prevention

As we approach the holiday season, we turn our attention to menus, shopping, gift giving, time planned with family and friends, creating new traditions, and honoring old ones. For many, it truly is the most wonderful time of the year.

Sadly, this is not the case for all. The holiday season can trigger feelings of depression, loneliness, and disappointment for many. While suicide rates are highest in late spring and early summer, suicides by those who are disconnected/socially isolated may increase around the holidays. Recognizing risks and warning signs can help keep you and others safe, now, and all year round.

**See The Signs:** The following is a list from the National Institute on Mental Health of warning signs that someone might be contemplating suicide. If you recognize these signs in yourself or someone else, it is time to reach out for help.

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Making a plan or looking for a way to kill themselves, such as searching online, stockpiling pills, or buying a gun
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain (emotional pain or physical pain)
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits
- Showing rage or talking about seeking revenge
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will





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### What to Do:

- If you are concerned that someone may be suicidal, ASK THEM. Despite some beliefs, asking someone if they are suicidal DOES NOT increase their risk of attempting suicide or put the idea in their head.
- Keep the number for the National Suicide Prevention Lifeline in your phone, so it is there when you or someone else needs it. 1-800-8255 (TALK)
- Be a listening ear. We all need to be heard and feel understood. Talking about depressive and suicidal thoughts can help alleviate some of the overwhelming feelings, and decreases risk for a suicide attempt.
- Create a safe environment. While challenging, limiting or eliminating access to lethal means can reduce the risk of a suicidal action being taken in an impulsive moment. If possible, lock away pills, guns, knives, etc.
- Stay connected. Those who have had a suicide attempt are less likely to repeat the attempt if someone is checking in on them and offering support. If you are feeling suicidal, work to connect with friends, spiritual advisors, counselors, or others who can support you through this deeply challenging time.

Reference: <https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

National Institute of Mental Health



## How Your EAP Benefits Can Help with Health Issues

Our counselors at **Henderson Consulting and EAP Services** can help you and/or family members build healthy working relationships. Do not let your relationships in the workplace suffer. Find out how you can take advantage of your EAP benefits by calling today to schedule an appointment. If you are not in our area, our front office staff can refer you to a counselor in your area.

Be well!