

## YOUR EMPLOYEE ASSISTANCE PROGRAMME

# *World Suicide Prevention Day* *10 September 2018*

Let's take a moment to look around us and be aware of people and how they really are. About one million people die by suicide each year. **World Suicide Prevention Day** helps us all shine a light and take action to support and build awareness that suicide is preventable.

The following are some of the signs you might notice in yourself or a friend that may be reason for concern.

- Feelings of hopelessness or worthlessness, depressed mood, poor self-esteem, or guilt
- Not wanting to participate in family or social activities
- Feelings of anger, rage, need for revenge
- Feeling exhausted most of the time
- Trouble with concentration, problems academically or socially in school
- Frequent physical symptoms such as headaches or stomach aches
- Changes in sleeping and eating patterns: too much or too little
- Feeling listless, irritable
- Regular and frequent crying
- Not taking care of oneself
- Reckless, impulsive behaviours

Your Employee Assistance Programme (EAP) can provide free, confidential and independent support on this topic, as well as assistance on any of the work, personal and family challenges that life may bring.

AROUND-THE-CLOCK, FREE, CONFIDENTIAL ASSISTANCE

**FREephone: 0800 243 458**

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