



# Suicide Prevention

ON-THE-JOB-TRAINING



**BET**  
**11056250**

**Suicide is forever, but.... The stress leading up to it is often temporary....**



#### WARNING SIGNS:

- ◆ Excessive drug
- ◆ Erratic behavior
- ◆ Loss of interest in job
- ◆ Alcohol use
- ◆ Changes in weight and appetite

#### SHOCKING STATISTICS:

- ◆ Over 41,000 people die by suicide each year in the United States.
- ◆ More than twice as many people die by suicide each year than by homicide.
- ◆ Correctional Officers have 33% higher rate of suicide than other occupations.
- ◆ Most Correctional Officers, on average, will not live to see their 59th birthday.

#### YOU CAN REDUCE STRESS AND YOUR RISK OF SUICIDE BY:

1. Eating a healthy diet.
2. Exercise! 30 minutes of brisk walking is as effective as an anti-depressant: exercise releases feel good endorphins.
3. Call EAP for yourself or your family, to locate assistance with life stressors.
4. As a Bargaining Unit 06 member, you are entitled to free, confidential assistance for life containing issues of: finances, bankruptcy, juvenile matters, real estate, rental issues, family law, civil and criminal actions.

For more information call  
1-888-724-2325 or visit  
[WWW.USLEGALSERVICES.NET](http://WWW.USLEGALSERVICES.NET)



#### BARGAINING UNIT 06 MEMBER BENEFITS:

As a BU 06 member, manager, or supervisor; you are entitled to seven counseling sessions through the Employee Assistance Program (EAP): seven sessions per problem for employees, as well as seven sessions for your spouse/domestic partner, and each dependent child.

For information on: emotion wellness (addiction, depression, anxiety, grief, and other emotional health issues), workplace success (career goals, team conflicts, crisis, workplace violence, management support), wellness and balance (work-life balance, stress, relaxation, personal well-being), personal and family goals (changes in finances or personal situations).

Contact EAP: 1-866-327-4762 or visit [WWW.EAP.CALHR.CA.GOV](http://WWW.EAP.CALHR.CA.GOV)

#### IF YOU ARE IN CRISIS:

Call the toll-free National Suicide Prevention Lifeline: 1-800-283-TALK (8255) Available 24 hours a day, 7 days a week.

The service is available to everyone and all calls are confidential.

#### FOR MORE INFORMATION OR ASSISTANCE:

[WWW.SUICIDEPREVENTIONLIFELINE.ORG](http://WWW.SUICIDEPREVENTIONLIFELINE.ORG)

[WWW.COPSALIVE.COM](http://WWW.COPSALIVE.COM)

[WWW.SAFECALLNOW.ORG](http://WWW.SAFECALLNOW.ORG)