|  |  |
| --- | --- |
|  | |
|  | |
| **High-profile suicides have recently dominated the news. While suicide impacts people of all ages, genders, and financial circumstances, it also impacts families, communities and work environments. Suicide is also preventable.**  **While there are many barriers to getting help, City of New York employees can make a difference. The NYC EAP wants to support all NYC employees able to make a difference and offer a few suggestions to consider at your workplace:** | |
|  | |
| C:\Users\sakara\Downloads\shutterstock_1075836527.jpg | **PROMOTE CONNECTEDNESS AT THE WORKPLACE** |
| * Conduct group supervision and staff meetings rather than 1:1 meetings * Create or promote lunch time activities such as book clubs or walking groups * Encourage staff to get to know one another by assigning group projects, establishing “employee resource groups”, and workplace newsletters * Celebrate key milestones |
|  |  |
|  | **REDUCE STIGMA** |
| * Invite the Employee Assistance Program (EAP) to your workplace to address mental health and ways to reduce stigma * Encourage help seeking behavior by promoting the resources available, such as [NYC EAP](http://on.nyc.gov/2g7JOLH) (212-306-7660) and [NYC Well](http://bit.ly/2JvY9OC) (888-NYC-Well) * Participate in a [Mental Health First Aid](https://www1.nyc.gov/site/doh/health/health-topics/mental-health-first-aid.page) training |
|  |  |
|  | **BE PREPARED** |
| * Know the warning signs of suicide by visiting this [website](https://www1.nyc.gov/site/olr/eap/eap-takeaways.page) * Coordinate an onsite [suicide prevention training](https://www.preventsuicideny.org/training-programs-1) |
|  | |
| **The NYC EAP will work with any employee to discuss how they can implement these ideas or others at their worksite**. | |
|  | |
|  | |
| **Reach out if you know of anyone who needs help.** The [New York City Employee Assistance Program (NYC EAP)](http://on.nyc.gov/2g7JOLH) offers free and confidential resources, support, and referrals to employees and their family members. Contact the EAP at 212-306-7660 or by email at [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov).[NYC Well](http://bit.ly/2JvY9OC) counselors are also available to help 24/7/365. Call 888-NYC-Well, text WELL to 65173 or visit [www.nyc.gov/nycwell](http://www.nyc.gov/nycwell) to chat online.  * Center for Disease Control: [Preventing Suicide: A Technical Package of Policy, Programs, and Practices](https://www.cdc.gov/violenceprevention/pdf/suicideTechnicalPackage.pdf) * [Suicide Prevention Resource Center](https://www.sprc.org/settings/workplaces) * [Suicide Prevention Center of New York State](https://www.preventsuicideny.org/training-programs-1) | |
|  | |
|  | |
| [www.nyc.gov/workwellnyc](http://on.nyc.gov/2AFumj1) | [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov) | |