

Enjoy the ride

Ready for anything

September 2018 Newsletter

Featured Article:
Are you ready to talk about suicide?

Monthly Awareness:
Emergency preparedness

e-Health video:
Understanding and managing anger

Let's Talk video:
Public speaking



How would you respond if a friend, family member or coworker threatened to kill themselves or showed signs of suicidal thinking? **Learn how you can make a difference.**



There are times when natural or human-made disasters can happen without warning. That doesn't mean you can't be ready. **Find steps you can take to be prepared.**



Anger is a natural emotion. It's important to understand anger and ways to manage it. **Watch this video for some tips to manage anger.**



Fear of public speaking is more common and natural than you may think. **Watch this video for ways to ease your fear of public speaking.**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

Resources *for* Living®

Are you ready to talk about suicide?



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How would you respond if a friend, family member or coworker threatened to kill themselves or showed signs of suicidal thinking? Which of these reactions seem most helpful?

- a. Tell them to snap out of it
- b. Say their loved ones will never recover if they do it
- c. Show care and listen without judgment
- d. Stay with them until you connect them with help

You can make a difference

Going back to the question at the start, let's consider the possible answers and how helpful they might be to a person thinking about suicide:

- **Answers "a" and "b" aren't likely to help.** If someone is contemplating suicide, answer "a" will minimize their feelings. And "b" simply tries to use guilt to talk them out of it.
- **Answers "c" and "d" are more effective.** If a person states or shows suicidal intention, they're in real emotional pain. Helpful responses express care and a sincere desire to help.

Overcome your own fear

Perhaps you're scared to talk about suicide. You may worry you'll say or do the wrong thing. It's a big responsibility. But remember these tips:

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All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional and is not meant to replace the advice of a professional. This information is not intended to be an exhaustive list of all signs concerning warning sign of suicide and should not be used as a stand-alone instrument. Contact a professional with any questions or concerns about specific health care needs. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.

1. You can't give someone the idea of killing themselves if they're not already thinking about it.

If you're concerned that someone is suicidal, it's okay to ask, "Are you thinking of killing yourself?" That question cuts to the core of your concern. It shows you're trying to understand the person. It helps you assess the danger and informs your next step.

2. If the person is suicidal, it's not your job to fix them.

If you discover your friend or relative is suicidal, get them professional help. You can call, or stay with them while they call, the National Suicide Hotline at **1-800-273-8255**. You can take them to an ER or call the police. If a person is actively suicidal, don't leave them until help arrives.

3. Don't be afraid to say the word "suicide."

If you saw someone doubled over in pain, wouldn't you ask if they were hurt? Asking about suicide is really the same thing. Suicide is most frightening when we attach a stigma to it. It's just a word.

Sadly, many of us know someone who has attempted or completed suicide. What can you do? Be ready in case you're ever confronted with someone who's suicidal. You just may help save a life.

What you should know before an emergency strikes



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In today's high-tech world, we often get advance notice of pending dangers through weather forecasts and other alert systems. However, there are times when natural or human-made disasters can happen without warning. That doesn't mean you can't be ready.

Readiness 101

Here are steps you can take to protect yourself and your family in case of a crisis:

- **Create an emergency kit.** Put together a kit to help you survive for three days in case you can't get home.
 - Include water, canned food, a can opener, first aid supplies, blankets, cash, medications, extra clothing, a flashlight (and extra batteries) a cell phone and charger. Don't forget pet supplies if you have a pet.
 - Make the kit small enough to carry. Keep it stocked and stored in an accessible place so if you need to leave fast, you can grab it and go.
 - Check your kit from time to time. Be sure water, food, medicines and batteries haven't expired.
- **Have a plan.** Family members should talk ahead of time and agree on:
 - A place where everyone can meet in case you're separated. It may not be safe or possible to go home.

Perhaps you can choose a relative or friend's house that's not in your immediate neighborhood but also isn't too far away.

- One phone number (perhaps that same relative or friend?) that you can all call so you can be in touch with each other.

- **Stay alert.** Know about the most likely emergencies where you live or travel. Are you in an area that tends to have tornadoes, floods or earthquakes? Pay attention to weather warnings and practice or discuss emergency actions with your family and loved ones.

No one wants to live with a 24/7 emergency mentality. But by taking these steps, you may feel more at ease. You can be ready.

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