



Hope

Suicide: Information and prevention

Suicide is a tragic and complex public health problem. Sadly, the rates of suicide are growing. Some of the risk factors include life events, depression, substance use and a family history of misuse.

If you or someone you know is thinking about suicide, it's important to take action.

Learn more

Here are some resources and facts to help you deal with suicidal issues.

- **Facts about suicide**
- **Understanding depression**
- **Breaking the cycle of depression**
- **Teenagers and depression**
- **What to do if someone appears suicidal**
- **If you are thinking about suicide**
- **Helping a suicidal coworker**
- **Understanding loss from suicide**
- **Grief after suicide**

Remember, you're not alone. If you're struggling or just need to talk, we're here for you. We're available 24 hours a day, 7 days a week. Call us any time.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. EAP instructors, educators and participating providers are independent contractors and are not agents of Resources For Living. Provider participation may change without notice.