



Hope

Is suicide on the rise?

Experts say COVID-19, national tensions and economic problems, may be creating the “perfect storm” for an increase in suicides. Here’s why:

- **COVID-19 fatigue.** Six months into the pandemic, many of us are miss our old lives. People are tired of COVID-19 safety precautions. They’re tired of social distancing. They feel uncertain and lonely. And no one can say when it will end. All these factors add to increased depression and a higher risk of suicidal thoughts.¹

- **Economics.** As a result of COVID-19, some businesses have closed or cut back. Many have lost their jobs — or know someone who has. Without a steady income, people worry about how they’ll pay rent, buy food, buy medicine and meet other needs of daily life. People may feel angry and ashamed about letting their families down.
- **Lack of routine healthcare.** COVID-19 has prevented many people from being able to see their doctors for checkups and even sick visits. Tele-medicine is available in many areas, but it might not be a good fit for everyone.
- **Unhealthy coping.** Drinking is on the rise due to COVID-19 stress.² While a few alcoholic drinks may provide short-term relief, it’s not a long-term solution. In fact, it can be a long-term problem. This is especially true for people who have have a history of substance use disorder.¹

¹Todd, Sarah. [The CDC says 25% of US young adults considered suicide in June.](#) Accessed August 2020.

²Bote, Joshua. [Americans are drinking more amid the COVID-19 pandemic, but experts warn any relief is temporary.](#) Accessed August 2020.



Young adults are at high risk

Studies show that 25% of young adults between the ages of 18-24 have thought about suicide in the past few months.¹ They've missed out on milestone events like graduations and proms. Many have been forced to delay the start of their careers and move back home. And they might not know how to cope in a healthy way.

Helping ourselves

COVID-19 has put life on hold for many of us. The pattern is clear: This is a hard time for people of many ages. So how can you cope? Here are some ideas:

- Make a daily schedule and stick to it.
- Get enough sleep, eat healthy meals and exercise.
- Connect with others.
- Share your feelings with trusted friends or family. You'll find you're not alone — and that helps.

Reach out and get help

Depression, anxiety and suicidal thoughts are more common right now. Don't try to wait out the pandemic with these feelings. Use the self-help suggestions above, or...

If you're feeling depressed or suicidal, seek help. You can easily use telehealth to talk to a counselor via computer, tablet or smartphone. If you need help right away, call the National Suicide Prevention Lifeline at **1-800-273-8255** or **911** in an emergency.

COVID-19 will always be a chapter of your life story. Just don't let it be the last one.

¹Todd, Sarah. [The CDC says 25% of US young adults considered suicide in June](#). Accessed August 2020.

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