



# HELP IS HERE

## SUPPORT SUICIDE PREVENTION



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:

### 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](#) (212-306-7660) and [NYC Well](#) (888-NYC-Well)
- Participate in a [Mental Health First Aid](#) training

### BE PREPARED



- Know the warning signs of suicide by visiting this [website](#)
- Coordinate an onsite [suicide prevention training](#)

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 \(NYC EAP\)](#) offers free and confidential resources, support, and referrals to employees and their family members. Contact the EAP at [212-306-7660](tel:212-306-7660) or by email at [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov).
- ✓ [NYC Well](#) counselors are also available to help 24/7/365. Call [888-NYC-Well](tel: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](#)
- ✓ [Suicide Prevention Resource Center](#)
- ✓ [Suicide Prevention Center of New York State](#)



Bill de Blasio, Mayor

Healthy Workforce. Healthy City.

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