

Working Together to Prevent Suicide

Suicide Prevention Week September 9 - 15, 2018 World Suicide Prevention Day September 10, 2018



suicideispreventable.org

Each Mind Matters: California's Mental Health Movement supports that suicide prevention matters!

Friday September 14: Promoting Healthy Workplaces

According to the [U.S. Bureau of Labor Statistics](#) adults spend the majority of their waking hours at work. Workplaces can provide essential elements (such as a sense of community, meaning and contribution) that promote and protect mental health. At the same time, work can be a source of stress and other psychological hazards that negatively impact the wellbeing of employees. Whether you are an employee, a manager, or the leader of a company, there are things you can do to create a safer and healthier workplace that benefits everyone:

Try at least two things from the list below:

1. **Build downtime into your schedule.** Calendar time for fun, relaxation, self-care and play the same way you do meetings, appointments and other obligations, whether it's taking a bath, going for a walk, reading, or having coffee with a good friend.
2. **Make self-care a team effort.** Build closer connections at work in healthy ways. Instead of skipping lunch, grab a co-worker and head outside for a brisk walk or join a class. Or ask if your employer might be willing to host a trainer to come in or provide classes at the worksite.
3. **Involve your workplace in suicide prevention.** Encourage your workplace to host a suicide prevention training for employees focused around recognizing the warning signs for suicide and offering support. Visit the website suicideispreventable.org for information and email info@suicideispreventable.org for a referral to local trainers in your area and to inquire about receiving educational posters for your place of work.
4. **Promote mental health at work.** Trainings for workplace mental health can help teams recognize when an employee is struggling and respond effectively. [Wellness Works](#) has been shown to decrease employee turnover, increase morale and build teams that can better communicate with and support each other.
5. **Explore and encourage systems that support workplace mental health.** Workplaces can be protective of mental health when they allow flexibility and discretion on how work gets done. If you are a manager, implement strategies to involve employees in decision making, and to

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manage employees based on outcomes. Or if you are an employee, share the [research](#) and advocate for them.