TOOLBOX TALK for the week of January 2nd. 2024

Suicide Prevention

As we go into the new year it's usually a time of optimism and new hope, but for some it's a challenge that's made harder by long dark days and cold weather. Here are few tips to help us spot someone who may be feeling hopeless and provide support.

Ask

Research shows people who are having thoughts of suicide feel relief when someone asks about them in a caring way. Findings suggest acknowledging and talking about suicide reduces, rather than increases suicidal thoughts.

Be There

Individuals are likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to someone who listens without judgment.

Keep Them Safe

Men, and specifically construction workers are more likely than the general population to have access to a gun and tend to have higher success rates when they do attempt suicide.

Several studies have indicated that when lethal means are made less available or less deadly, suicide rates by this method decline, and frequently suicide rates overall decline.

Help Them Stay Connected

Studies indicate that helping someone at risk, create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

Follow Up

Studies have also shown that brief, low cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.

Be good to yourself and those around you to help prevent death by suicide.

Innovation Rewards:

In the new year we'll continue to look for and reward innovations by offering twenty-five-dollar gift cards for your good ideas. Winning the small prize gets you in the drawing for two hundred and fifty dollars. So, keep looking for better ways to get the job done faster and safer, then tell us what you've come up with, and we'll give you credit for your amazing ideas.

Name:	Signature:	Date: