

YOU Can Help!

Many people who attempt suicide tell someone first – through actions or statements.

As a colleague, you may be the first person to see or hear these warning signs.

If you think someone may be having thoughts about harming him/her self:

- * Trust your instincts.
- * Reach out and directly ask “Are you thinking about hurting yourself?”
- * Ask permission to secure weapon(s), including backup weapons.
- * Immediately contact Psychological Services Bureau at **(213) 738-3500**.
- * Find out if the person has a (specific) plan.
- * Do NOT leave the person alone.
- * Help delegate necessary responsibilities such as child care until the crisis is resolved.
- * Get debriefed when the situation is resolved – for your own peace of mind.

AID LIFE

This acronym may help you remember what to do when assisting a person who is suicidal:

Ask. Do not be afraid to ask, “Are you thinking about hurting yourself?”

Intervene immediately. Take action. Listen and let the person know he or she is not alone.

Don’t keep it a secret. Don’t take chances with your partner’s life.

Locate help. Seek out professional help through PSB, the Peer Support Program, a chaplain, a friend, or family member.

Involve Command. If the person is imminently suicidal, be prepared to involve a supervisor to save his or her life.

Find someone to stay with the person now. Don’t leave the person alone.

Expedite. Get help right away. An at-risk person needs immediate attention from professionals.



Call Psychological Services
Bureau (PSB)
213-738-3500

SUICIDAL EMPLOYEES: A GUIDE FOR LASD SUPERVISORS



**LASD PSYCHOLOGICAL
SERVICES BUREAU (PSB)
213-738-3500**

IDENTIFY EMPLOYEES WHO MAY BE AT RISK FOR SUICIDE

There are many risk factors for suicide. Some of the most significant ones are:

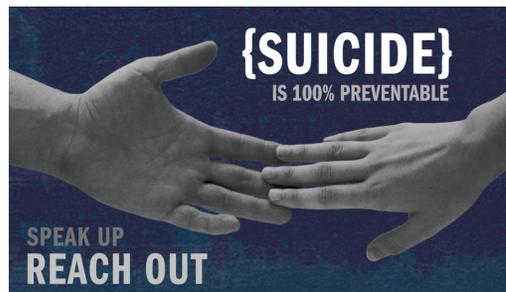
- Prior suicide attempt(s) or rehearsals
- Alcohol and drug abuse and use
- Mood and anxiety disorders such as depression, posttraumatic stress disorder
- Access to a means to kill oneself (such as weapons/firearms)

There are some behaviors that may mean a person is at immediate risk for suicide. These three should prompt you to TAKE ACTION RIGHT AWAY:

- **Talking about wanting to die or kill oneself**
- **Looking /talking about a way to kill oneself**
- **Talking about feeling hopeless or having no reason to live/ better off dead/family better off without me**

Other behaviors may also indicate a serious risk, especially if the behavior is new, has increased, and/or seems related to a painful event, loss, or change (i.e., being under investigation, relationship ending) such as:

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings



Responding to a Death by Suicide

The suicide death or attempt of an employee—even if it does not occur on the job—can have a profound emotional effect on others in the workplace.

Some people may struggle with guilt and unanswered questions about what they should have done to help, and some may experience depression or suicidal thoughts themselves.

As a supervisor, you can ensure that employees get the help they need and assist the workplace in gradually returning to a state of normalcy.

- Give employees time and space to deal with their feelings so they can manage the trauma and transition back to working effectively.
- Foster an environment that encourages employees to support each other in coping with a suicide in the workplace.
- Offer employees resources such as Psychological Services Bureau to help them cope or ask PSB to outreach the employee of concern.

**Help is available 24/7 at PSB
213-738-3500**