

# SEPTEMBER NEWS 2022

Empowering you with information for  
your emotional and physical wellbeing

## Suicide Prevention & Awareness Month

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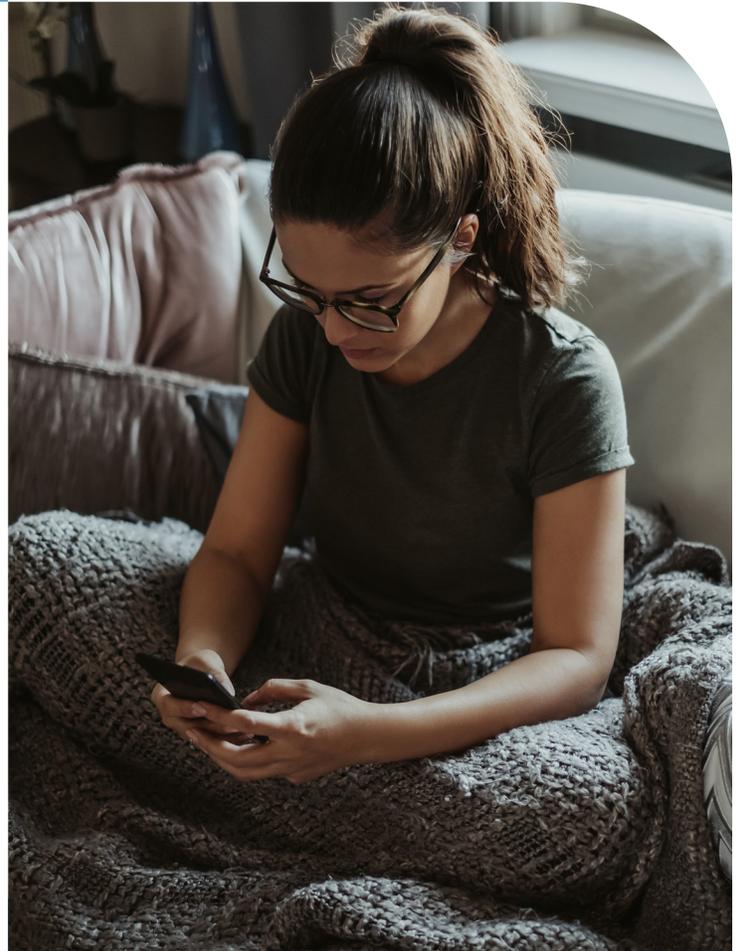
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#### *September is Suicide Prevention and Awareness Month*

This is a hard topic, but a critical one. One person dies from suicide every 40 seconds worldwide. Talking about suicide can help reduce the stigma surrounding it, and potentially help people feel better equipped if they start struggling with suicidal ideation (or see someone else struggling). Read on for more information about warning signs, ways to help, and resources available.

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800.395.1616

<https://link.uprisehealth.com/members>



## How to Help Someone Who is Suicidal



### Recognize warning signs

Research shows that most people who attempt or commit suicide showed common warning signs previously. To the right, we've listed important warning signs, so you know what to look for.



### Take suicidal statements seriously

Talking about suicide is a cry for help. If someone you know talks about suicidal thoughts—whether they're passive or imminent—they should be taken seriously.

### LEARN THESE COMMON SUICIDE WARNING SIGNS

#### Apathy

*Losing interest in school, work, or hobbies.*

#### Risky behavior

*Taking unnecessary risks.*

#### Personal preparation

*Giving away prized possessions.*

#### Big struggles with key needs

*Having trouble eating and sleeping.*

#### Estate planning

*Preparing for death by writing a will.*

#### More info

*For more information on suicide prevention*

<https://link.uprisehealth.com/prevent>



### Listen to their perspective

Do not argue with a person to convince them they are wrong about their feelings. Validate their emotions and show concern. Ask questions and learn more.



### Be direct and up front if concerned

Many people are afraid to bring up suicide, but experts recommend that if you are concerned, you ask directly "Are you (or have you been) feeling suicidal?"



### Do not leave a high-risk person alone

If someone has expressed an imminent desire to die, do not leave the person alone. Ask for help from others and ensure that a trusted person is with them at all times while you seek additional help.



### Help find mental health professionals and treatment

You do not have to help a person alone. Mental health professionals are best equipped to deal with suicidal ideation. You can help by finding knowledgeable counselors and treatment facilities.



988

*Suicide and Crisis Lifeline.  
Help is available 24/7.  
Call 988.*



## Mental Health Emergencies in the Workplace

### Emergencies can happen at work. Know what to do to help.

Like a physical health emergency, a mental health emergency can happen anytime, anywhere. If someone trips and breaks their ankle at work, coworkers need to be able to support the person and get them the help they need. The same is true if someone has a mental health crisis at work, so let's review what they are, signs to watch for, and how you can help.

### What is a mental health emergency?

A mental health emergency (also known as a mental health crisis) is any situation where a person's mental health state puts them at acute risk and/or prevents them from being able to function and care for themselves. In prior years, it was common to refer to these crisis situations as "nervous breakdowns." That isn't a medical diagnosis, it's a vague term, and it can be demeaning. We prefer mental health emergency because that accurately describes the situation—there is an emergency at hand, and it includes mental health concerns.

### Common signs of a mental health emergency

- » Inability to function at work
- » Extreme inability to take care of hygiene
- » Sudden and intense mood changes
- » Psychosis
- » Paranoia
- » Extreme anger
- » Violence
- » Suicidal thoughts
- » Self-harm
- » Extreme isolation

**988**

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## HOW TO HELP A CO-WORKER IN CRISIS

- If you do not feel safe and/or the co-worker is violent, do not stay in the same physical space and call for help immediately (911 is appropriate, but your work might also have recommended protocol that might be suitable).
- If you are not in danger, stay calm and listen to the person in crisis. Ask what they need, offer options (Do you need a drink of water? Would you like to go to a quieter space? Is there anybody I can call for you?).
- Ask for help from others around you. It might be best if someone can stay with the person in crisis and someone else can get help from the right people at your workplace (e.g., your supervisor, a crisis manager, HR). Even if the person is not being violent, it might still be appropriate to call 911, so the person can get to healthcare professionals quickly.

It's important for a workplace to have crisis management processes. Check with HR to see if there is one and review the plan and procedures. You can also check with your EAP about available resources on crisis management. We're here to help. Read through this blog for more information on mental health crisis in the workplace:

<https://link.uprisehealth.com/work-crisis>

## Is Behavioral Health Coaching Right for You?



Behavioral health coaching has been shown to increase wellbeing, decrease stress, and make CBT-based courses more effective. Within the Uprise Health digital platform, we offer\* the option of coach-guided CBT-based courses, where a member completes their digital courses with the support of a coach. The coach can create a personalized lesson plan, show the member how to apply skills, improve accountability, and set clear goals.

Coaches are also a great option if you are interested in working on work-life concerns or lifestyle changes unrelated to our digital library. Our coaches can help provide support during stressful life events or introduce new ways to strengthen your overall wellbeing.

Coaching is a valuable resource designed to be approachable for all members, but some people prefer to work through our courses independently or use alternative services from Uprise Health. How can you tell if coaching is a good option for you?

### 6 signs a coach could help

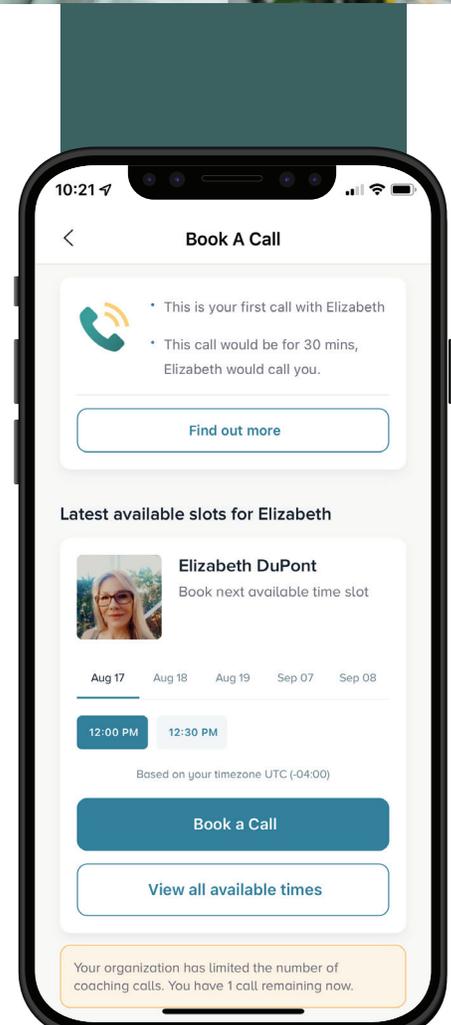
If you answer yes to any or all the following questions, coaching might be able to help.

- » I like one of the courses in the platform library, but I'm struggling to complete it on my own.
- » I feel held back by my thoughts and behaviors.
- » I lack direction in work or my personal life.
- » I have lost enthusiasm and interest in important areas of my life.
- » I have some behaviors that prevent me from succeeding.
- » Something has recently happened that I need to talk through with somebody.

Do any of these sound like you? If so, check out our real-time booking\* within the digital platform, and book a coaching session soon.

<https://app.uprisehealth.com/coaching/booking>

*\*Not all organizations have access to coaches within the Uprise Health platform. If you're unsure what is available within your Uprise Health EAP program, please contact Uprise Health. We are here to help.*



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## Resources & Events



### **Introducing Success Stories— Real People, Real Transformation**

We want to hear and share stories from our members who have overcome personal struggles and shine a light on the steps you took to transform and empower positive change.

**If you have a story you'd like to submit please email us at [marketing@uprisehealth.com](mailto:marketing@uprisehealth.com).** You can choose to be anonymous. We look forward to hearing from you and sharing your stories to inspire others.

### **Suicide Prevention Awareness Month**

Throughout the month of September, many organizations including National Alliance on Mental Illness (NAMI), raise awareness on suicide, spread hope, share helpful resources, and try to increase conversations about suicide prevention.

National Suicide Prevention Week also happens in September. This year, it will begin on Sunday, September 4th and end on Saturday, September 10th. As part of this campaign, many health organizations conduct depression screening and make additional tools available.

- **988 Suicide Hotline: Learn how we can all help:** <https://988lifeline.org/how-we-can-all-prevent-suicide/>
- **Crisis Textline: Text HOME to 741741 to connect with a crisis counselor:** <https://www.crisistextline.org/>
- **Veterans Crisis Line:** <https://www.veteranscrisisline.net/>
- **Substance Abuse and Mental Health Services Administration:** <https://www.samhsa.gov/find-treatment>
- **NAMI blog: Talk to your Teen about Suicide:** <https://link.uprisehealth.com/talk-about-suicide>
- **NAMI blog: My Case for Using and Respecting Trigger Warnings:** <https://link.uprisehealth.com/trigger-warnings>
- **Uprise Health Blog: Faking It Online:** <https://link.uprisehealth.com/faking-it-online>

*This Month's Mental Health Skill Building Webinar*

### **Pain & Fatigue Management**

Learn about pain and fatigue, activity levels, dealing with worries, and breathing.

**Join us for a 30-minute webinar and Q&A  
September 22, 2022 | 12pm PT**

<https://link.uprisehealth.com/september-webinar>

*This Month's Personal Advantage Webinar*

### **Navigating Divorce**

Regardless of where you are in the process, this dynamic session will empower you with information, tools, and resources to support you during and after your divorce.

*The monthly webinars with Personal Advantage are available on the 1st day of each month and past topics are available for viewing at any time. To view the webinars, log into the Uprise Health member site with your assigned Access Code and click "Work-Life Services." Certificates of Completion are available by setting up a personal login and password within the Personal Advantage site.*