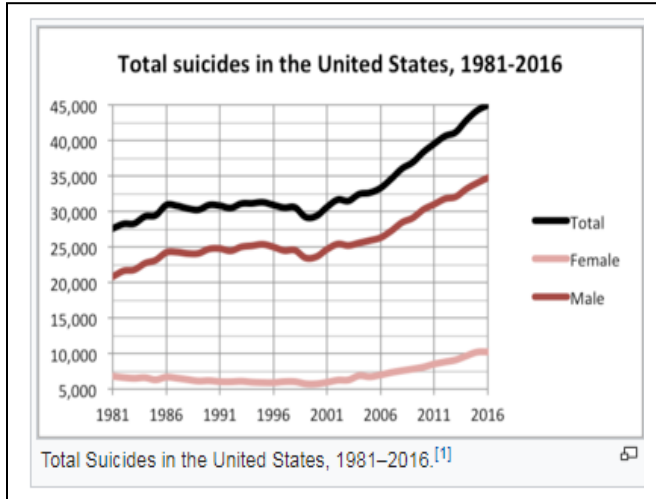


SUICIDE AND COVID-19



Mental health issues and access to services related to mental health have skyrocketed during the recent COVID-19 pandemic. U.S. sales of alcoholic beverages rose 55% in the week ending March 21, according to market research firm Nielsen, and calls to domestic violence hotline calls are increasing across the country as families remain quarantined at home.

One very disturbing potential byproduct of COVID-19 and these trends is **suicide**. Multiple news sources site the recent suicides of two front line essential healthcare workers in New

York City alone. Not only are these workers at risk for suicide but as working conditions and basic every day routines have changed for many American workers, the risk of more and more suicides grow.

EMPLOYERS CAN PROVIDE EMPLOYEE RESOURCES TO INCREASE SUICIDE AWARENESS DURING COVID-19

What causes Suicide?

Causes of suicide may include **depression, traumatic stress, substance abuse, job or financial loss, hopelessness, and social isolation**. (Source: <https://www.verywellmind.com/why-do-people-commit-suicide-1067515>)

What are the warning signs?

Some warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.

For more information, go to www.suicidepreventionlifeline.org

Seven steps employers can take for suicide prevention

1. Build a better workplace
2. Develop fully-engaged workers
3. Reward mental wellness
4. Change the conversation through social marketing
5. Offer educational programs on mental illness
6. Careful reintegration and return to work
7. Support safe bereavement

For more information, go to <http://workplacementalhealth.org/Mental-Health-Topics/Suicide-Prevention/How-to-Effectively-Invest-In-Suicide-Prevention>

Additional Resources:

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf?lang=en-US>



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